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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Fri., Apr. 1.

1.9
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NOT FOR PUBLICATION

ANNOUNCEMENT: Summer Insect Pests, and How to Combat Them is the theme of Aunt Sammy's Chat today. Information approved by the U.S. Department of Agriculture.

Reserve

Announcers Attention: The number of requests for the radio cookbooks has been five times as great as the number anticipated, and consequently there has been some delay in supplying the demand. The recipes will be sent just as soon as the new edition, now being printed, is off the press.

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The good old summer time is on its way. And as the warm days increase in number, various household pests come out from their winter's sleep to annoy us who want to keep our homes neat and clean. "Eternal vigilance" is the price we pay for freedom from these pests, and we can't begin our campaign too early now.

Many of the troublesome household insects feed on crumbs, scraps, and other exposed food. The only way to beat these pests is to keep food supplies in tight metal or glass containers, and clean up promptly any food crumbs that may be scattered about. Never leave food uncovered. Keep the garbage pail closed, and have it emptied regularly. Rinse it out, and line it with clean paper, each time it is emptied.

The common housefly is probably the most hated of all the summer pests. The presence of flies is an indication of uncleanliness, insanitary conditions, and improper disposal of substances in which they breed. Flies are not only annoying. They are actually dangerous to health, because they carry disease germs to exposed foods.

The common housefly is essentially a breeder in filth. It breeds in, and feeds upon, all sorts of animal waste. When it crawls over infected material, it readily becomes loaded with germs, which it may transfer to food. For instance, when the housefly comes in contact with material containing typhoid germs, it picks them up on its hairy feet, and may carry them to the food in our kitchens. If the food is not cooked afterward, it may produce typhoid. In this same way, other intestinal germ diseases, such as Asiatic cholera, dysentery, and infantile diarrhea, are carried. There is also strong circumstantial evidence that other dread diseases are carried by flies.

When we realize that flies frequent and feed upon the most filthy substances, we can readily see the necessity and importance of controlling this pest.

The most logical method of getting rid of flies is the elimination or treatment of all breeding places, such as stable manure. But, since we do not have a perfect system of destroying all breeding places, it is often necessary to use fly papers and poisons, flytraps, and insect screens.

Insect screens for doors and windows should be well made, and must fit tightly, otherwise they will not keep insects out. It is equally important that they be made of good and durable screen cloth. Insect screen cloth made of copper, although a little higher in price, will prove more economical in the long run, as it lasts many years. Screen cloth made of steel, either painted or galvanized, is often used. Painted steel screen cloth will last one or more years without repainting, depending upon the dampness of the climate.

If you are buying new screens this year, ask for the screen which is made with 16 meshes to the square inch. This keeps out most mosquitoes and other small insects, as well as flies.

Mosquitoes, as everyone knows, breed in stagnant water, so cover the rain barrel, and allow no other stagnant water about the place.

Another summer pest is the ant, a-n-t, ant, which is attracted by various food substances, especially fats and sugar. Keep these foods in closed containers, and clean up any crumbs or material spilled on shelves. The most effective way of ridding a house of ants is to find and destroy the nest, by treating it with gasoline, kerosene, benzine, or carbon disulphide. If the nest itself cannot be found, perhaps the ants can be traced to the opening or crack through which they enter. Squirt kerosene into this, or plug it with cotton saturated with kerosene.

Cockroaches or waterbugs are fond of dampness, bits of food, trash of all kinds. Sprinkling borax, pyrethum, or best of all, sodium fluoride, freely and persistently, day after day, wherever the cockroaches appear, seems to be a fairly successful method of exterminating them.

No matter how careful you are, you will sometimes find weevils or worms in packages of cereal, in the flour bin, or on dried fruits or nuts. These pests come from minute eggs, deposited probably before the package was sealed, or the food entered your kitchen. Destroy all badly infested food promptly, and any paper containers. Wash and scald the flour bin, and other permanent containers, before using them again. Although the idea of insect pests getting into food is objectionable, a chance meal worm or weevil in the cereal is not nearly so dangerous as one fly lighting on food, for the weevil has spent its entire life in the package, while the fly is covered with filth picked up goodness knows where.

Fleas may also become a real nuisance, if a room becomes infested with them. You will have to take the carpet or rugs out-of-doors and clean them, and also spray with benzine or gasoline, both of which are inflammable, and must not be used near a flame. The floor should be washed with soapsuds, special attention being given to cracks between boards, and along baseboards.

There is one other pest that strikes terror to the heart of the woman who is proud of her housekeeping. You know what I mean-- the bedbug. A chance bedbug is no disgrace, but a family of them is an indication of relaxed vigilance on the part of the housekeeper. Even though you are sure there is not a bedbug in the house, look over all the beds frequently in the summer time, because stray bedbugs are often brought in on clothing, or on laundry. If you discover any bugs, force kerosene, gasoline, or benzine into cracks or crevices of the bedstead, and along the mouldings and baseboards of the room. Do this every three or four days, for 10 days or 2 weeks, to kill any bugs hatched in the intervening periods.

Carpet beetles are common, and their grubs or larvae feed on foods similar to those preferred by the larvae of the clothes moths -- woolens and furs. They are found more often under tacked-down carpets, and, once established, are difficult to get rid of. Use rugs and barefloors, which are less liable to infestation. If you find these pests, take up the carpets, clean them thoroughly out-of-doors, spray them with gasoline or benzine, and, if possible, air them and sun them. Treat the room itself as in the case of flea infestation. Fill all cracks with a crack filler before the carpet is put back.

An insect pest that does considerable damage in the attic to books, paper, and stored clothing, and window curtains, is the silverfish. These insects are attracted by starch in bindings and in garments. So bait them by mixing to a paste about a teaspoon of powdered white arsenic with half a cup of flour and some boiling water, and spreading it on small pieces of cardboard, to be placed where silverfish have been found.

I shall talk about the clothes moth some time soon, when we are ready to put away our winter coats and hats.

There is one other pest I might mention-- the centipede, certainly not an ornament, nor to be chosen as a pet, still it has its good qualities. The centipede is beneficial because it preys on other insects. However, if its presence is annoying, it may be controlled by sprinkling insect powders about.

The U. S. Department of Agriculture has published some valuable bulletins on how to get rid of the pests I have mentioned, and if you want more information, please write to me. The bulletins are free.

Next Monday I shall have another recipe for you.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM.....Housekeepers' Chat..... RELEASE.....Mon. Apr. 4/27.

1.9 Jn3Fb

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Aunt Sammy will give away all the secrets of angel food cake making today. The cake recipe and the fish dinner are from the U. S. Bureau of Home Economics.

---ooOoo---

From Brunswick, Nebraska, comes a request for any hints and secrets I may have about angel food cake. I have collected my information and my recipe, and compiled an article entitled: "What I Know About Angel Food," or, "Secrets of Angel Food Divulged at Last." Of course the article, if printed, will be anonymous, for hardly any authors sign their names to stories giving away secrets.

As is to be expected in such an article, I shall begin by naming various members of the family-- Plain Sponge Cake, and Sunshine Cake, which, with Angel Food Cake, make up the Sponge Cake Class. All these cakes differ from Butter Cakes in that the Sponge cakes contain no shortening.

Sponge cakes are made without fat, and without liquid. The liquid is supplied by eggs, which also make the cakes light. That is, when you beat the eggs, a great amount of air becomes tangled up in the eggs, and, if you are careful not to release this air, when you mix the batter, and to bake the cake in a slow oven, so the air can expand, your angel food cake will be lacy and light, and fluffy and feathery, and your friends will say enviously: "How lovely! If I could make a cake one-half as good as this one, I'd die happy!"

Of course they could make cakes almost as good as yours, if they'd remember about the careful mixing, and the slow oven.

Please take the ingredients now for an angel food cake. Six ingredients:

1 cup soft wheat flour
8 fairly large egg whites
1 to 1-and-1/2 cups sugar
1/2 teaspoon salt
1 teaspoon flavoring
1 teaspoon cream of tartar

Check your ingredients, while I say them again: (Repeat)

Now sift together, four or five times, the sugar, the flour, and one-half of the salt. I want you to be sure your method of mixing is correct, so I'll repeat the statement: Sift together, four or five times, the sugar, flour, and one-half the salt. Then beat the egg whites, with the other half of the salt, until they are frothy. Next, add the cream of tartar to the eggs, and beat them until they are light, but not dry. Now, into the beaten egg whites, fold the dry ingredients, very carefully. When the mixture is partly blended, add the flavoring. Be very

I can use more flour
6 fairly large potatoes
1 pound carrots
1 pound onions
1/2 cup chopped celery
1/2 cup chopped parsley
1 bay leaf
1 teaspoon salt
1/4 teaspoon pepper
1 cup dry white wine
1 cup water
2 tablespoons butter or margarine
1 tablespoon vegetable oil
1 pound boneless beef chuck, cut into 1-inch cubes
1 pound boneless pork shoulder, cut into 1-inch cubes
1 pound veal stew meat, cut into 1-inch cubes
1 pound mushrooms, sliced
1 cup frozen peas, thawed
1 cup sour cream
1/4 cup all-purpose flour
1/4 cup cold water

In a large saucepan or Dutch oven, combine the potatoes, carrots, onions, celery, parsley, bay leaf, salt, pepper, wine, water, butter and oil. Add the beef, pork and veal; bring to a boil. Reduce heat; cover and simmer for 1 hour, stirring occasionally. Add the mushrooms; cover and simmer for 30 minutes or until meat is tender. Add peas and sour cream; heat through but do not boil. Combine flour and cold water until smooth; gradually stir into stew. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Yield: 12 servings.

Editor's Note: Recipe may be doubled if you have a large enough pot. I have done it many times and serving a crowd. Enjoy!

Tina Berg

careful, when you blend the dry ingredients, and the eggs, to use only the folding motion, for if you stir the mixture, you will release the air, and then the cake won't be nice and light.

As soon as it is mixed, pour the batter into a smooth, ungreased pan. Use a tube pan for angel food, because the center opening allows the cake mixture to heat evenly.

A fairly large cake will require about an hour for baking. Bake it in a slow oven, about 325 degrees Fahrenheit. Too hot an oven will cook the eggs before the air in the cake has a chance to expand, and the cake will be tough, and heavy. A perfect angel food cake will rise for the first thirty minutes of its baking, become delicately brown the next 15 minutes, and shrink from the edge of the pan the last 15 minutes. When you have tested it, with a toothpick, and found that it is done, take it out of the oven, and turn the pan upside down on a wire rack, to cool. When the cake is cool, loosen it from the pan, with a spatula.

Never cut an angel food cake with a knife. That makes it "sad." Break it with your fingers, or tear it gently, with a fork.

That's all there is to an angel food cake: Sift the dry ingredients several times; beat the eggs till stiff; fold the dry ingredients very carefully into the egg whites, and bake in a slow oven. As I said before, you must have a slow oven, so the air in the cake can expand, and make the cake light, before the egg walls become cooked.

I might give you one more suggestion about sponge cakes and angel food cakes. If you do not have an abundance of eggs, you may substitute milk or water, and baking powder, for one or two of the eggs. Use two tablespoons of liquid and one-half teaspoon baking powder for each egg omitted. In this case the baking powder is sifted with the flour, and the liquid is added before the egg whites are folded into the batter. Cakes of this kind may be baked at a temperature slightly higher (about 340 degrees Fahrenheit) than is used for true sponge cakes.

Some time soon I'll tell you how to make perfect baking powder biscuits, and pie crust, but right now I have other fish to fry. Which brings us up to the menu, without waste of words.

I thought you'd like a change today, something in the fish line, and that's the reason I'm suggesting simmered fish with egg sauce. The entire menu is Finnan Haddie with Egg Sauce; Riced Potatoes; Canned Peas; Cabbage Salad with Celery; and Lemon Pie.

Perhaps you can get finnan haddie, or haddock. Finnan haddie is smoked haddock, and derives its quaint name from Findon, in Scotland, where it used to be cured in peat-smoke. If you can't get finnan haddie for today's dinner, dried codfish will do. As finnan haddie, or haddock, is both smoked and salted, it keeps for some time, and can usually be obtained inland as well as near the coast. Buy only half a haddie, if possible. It is better to buy half a good-sized plump fish, than a whole one that is thin and small. The flesh in the plump

fish is in more desirable flakes, and the few bones will be easier to find and remove. It may be necessary to freshen the fish. Then simmer it, separate the bones, and serve with egg sauce.

For a family of five (get your pencils now) -- for a family of five, you will need about 2-1/2 pounds of fish. Cut into two or three large pieces, so that it will fit conveniently into a saucepan. The amount of cooking depends upon the dryness and saltiness of the fish. If it seems very salty, and somewhat hard, bring it slowly to the boiling point in water, then drain this off, and cook for 15 to 20 minutes in a second water. If the fish is moist, and not very salty, it can be cooked entirely in one water, and will then be tender, so that the bones can be picked out, and the meat separated into flakes.

While the fish is cooking, hard cook the eggs for the egg sauce.

I shall give you the ingredients for the egg sauce, to be served on the fish. Six ingredients:

2 tablespoons flour
2 tablespoons butter
1 cup milk (or water)
1/4 teaspoon salt
2 eggs hardcooked
Onion, lemon juice, or celery can be added

Six ingredients, please. Check them: (Repeat)

Melt the butter, add the flour and salt, and blend well. Add the milk, and stir constantly, until thickened. Chop the hard-cooked eggs and add to the sauce. A well-beaten egg yolk, stirred into the mixture after it is taken from the fire, makes it richer. Stir the flaked fish into this sauce, and serve at once.

Plain boiled potatoes put through a ricer will be very good with the finnan haddie. If you have no ricer, mash the potatoes. Baked potatoes would be good, too, but at this season of the year it is often difficult to find old potatoes of nice size and shape for baking. For ricing, you can use imperfect ones of any size and shape. New potatoes, boiled whole and served with melted butter and minced parsley, would also be delicious with this dinner.

Vegetables are well represented in this meal-- canned peas, and cabbage salad with celery. Smoked fish requires a snappy, tart, dessert, and we have that in lemon pie. Rhubarb pie, or gooseberry pie, would also be appetizing.

The entire menu, again, is as follows: Finnan haddie with egg sauce; Riced Potatoes; Canned Peas; Cabbage Salad with Celery; and Lemon Pie.

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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

Housekeepers' Chat — Tues. Apr. 5/27.

PROGRAM..... RELEASE.....

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(NOT FOR PUBLICATION)

ANNOUNCEMENT: Since this is "Be Kind to Animals" Week, today's program on canaries is quite in order. Two new recipes, also, from the U. S. Bureau of Home Economics.

Reserve

---ooOoo---

Billy and I took a walk last Sunday afternoon, through the grove of trees and underbrush that Billy calls our "forest." Near a little stream we found some frogs' eggs. Billy patiently climbed up the hill to find a tin can, so that he might carry some of the eggs home.

"When the frogs grow up," said Billy, "I'll bring them back again, but I want to watch the tadpoles turn into frogs."

We saw two ducks, which had evidently escaped from the zoo. Billy was quite provoked, because the ducks wouldn't play with him. They waddled away, talking in excited quacks about meddlesome little boys who disturb peaceful ducks on Sunday afternoons.

"Do you know what I'd like to have, Aunt Sammy?" Billy announced suddenly. "I'd like to have a pet ostrich. If I had enough money, I'd buy an ostrich from a zoo, and train it to do tricks. Wouldn't that be fun?"

"Lots of fun," I assented. "But it wouldn't be practical. I don't know what to feed ostriches."

"Milk and eggs and fresh vegetables," said Billy, glibly. "That's what you tell me to eat."

"Yes, but ostriches are different. Why not choose a smaller bird for a pet, Billy?"

"A pelican!" shouted Billy. "Could I have a pelican?"

"Hardly. Try again."

"A parrot, then. Could I have a red and green parrot? I'd teach it to sing 'Drink to Me Only with Thine Eyes,' the way Uncle Ebenezer sings. Then, when I'm in school, you won't ever get lonesome, because the parrot will always be singing 'Drink to Me Only with Thine Eyes.' Wouldn't that be grand?"

"A generous thought," I agreed. "But, if you must have a bird, please choose one that knows how to sing. A canary, for instance."

To make my story short, yesterday we bought the canary -- a beautiful yellow canary, in a square green cage. Billy loves pets, and I am glad of it.

---oooOooo---

There are many things he can learn from taking care of animals and birds, and when he is a little older, they may help solve the problem of keeping him home, if such a problem arises.

Billy is responsible for taking care of the yellow canary. Last night I found him trying to read the bird bulletin I took home yesterday.

"What does it say, Aunt Sammy?" asked Billy at last. "I can't read the big words."

So I read it, the whole section on food for canaries:

"The food requirements of canaries are simple. Canary seed, to which have been added rape seed, and a little hemp, is a staple diet that can be purchased ready mixed. Canary seed, alone, does not furnish a balanced food, but forms a good combination, with hemp, and summer rape. Much of the rape seed in prepared seed, sold in cartons, is of a species that even wild birds do not eat, as it is pungent, and bitter in flavor, but all relish the mild taste of true summer rape.

"In addition to a seed supply, lettuce, or a bit of apple, should be placed between the wires of the cage frequently. And the menu may be varied by adding chickweed, dandelion heads, thistle and plantain seeds, and the fruiting heads and tender leaves of shepherd's purse. Watercress, wild oats, knot grass, and other grasses are relished, especially in spring and in summer.

"Bread moistened in scalded milk, given cold at intervals, is beneficial. Don't make soft foods too wet. With bread add enough liquid to soften the food but not make it runny, or pasty. Keep your supply of moist food strictly fresh, or sickness may result. Drinking water should be available at all times. Cuttle bone should always be available.

"What's 'cuttle bone'"? asked Billy.

"Cuttle bone is the bone of the cuttle fish. It contains calcium, and birds in cages need it, as a relish, or an appetizer."

"Read some more!" urged Billy.

"I won't read this," I answered, "because it is about food for sick canaries, and yours is a very healthy one. The next paragraph is about taking care of baby canaries, and that doesn't interest us, either, at present.

B-A-T-H-I-N-G," spelled Billy, over my shoulder. "That's 'bathing.' Why doesn't our bird take a bath?"

"Because, the book says, birds brought into a strange place may refuse to bathe, for the first few days. When water is offered, they either ignore it, or sit on the perch and go through all the motions of bathing and drying, fluttering wings and tail with a great whirring of feathers. The bath should be offered whenever the cage is cleaned, and if left alone, the birds will take a bath after a few days.

I found him trying to read the bird [illegible]

Billy is responsible [illegible] of the [illegible]

"What does it say, Aunt Sandy?" asked Billy at last. "I can't read [illegible]

As I read it, the whole section [illegible] food for camera:

"The food requirements of campers are simple. Canary seed, to which [illegible] add rice seed, and a little hemp, is a simple list that can be prepared [illegible] Canary seed, also, does not furnish a balanced food, but serve [illegible] with hemp, a [illegible] supply of fat [illegible] seed in proper [illegible] quality, [illegible] flavor, [illegible] of [illegible] not cost, so it is [illegible]

[illegible] addition to a meal supply, lettuce, [illegible] and apple, [illegible] between the times of the camp fireplace. [illegible] the hemp for [illegible] [illegible], [illegible] Sandwich, and plenty [illegible] and [illegible] of unexpended pence. Wintergreen, [illegible] [illegible] gypsies are [illegible], especially [illegible]

[illegible] wanted to [illegible], always [illegible]
[illegible] too wet. [illegible] [illegible] [illegible]
[illegible] it rainy, or [illegible]. Early [illegible] [illegible] [illegible],
[illegible] [illegible] [illegible] be [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible].

"[illegible] [illegible] [illegible] [illegible]. I [illegible]
[illegible] [illegible] [illegible], [illegible] [illegible].

"[illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] for [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible],
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible]
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[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible]

"Under normal conditions, most birds probably bathe every day, and canaries in cages should be allowed the same opportunity. If the cage is an open wire one, remove the base, and place the cage over a small dish containing water.

"In open-front cages, in which the bottom is not detachable, small bath cages which fasten at the open door are used. These are only a few inches wide but serve to hold a dish for water. Many birds are notional in bathing and at times ignore the offered bath. Usually the process of cleaning the cage, and renewing the seed and water, will excite in them a desire for bathing, and often when a bath is not provided the bird will do its best to take a bath in the small supply of water in the drinking cup. When a bird obstinately refuses to enter the water, if enough clean sand to cover the bottom is placed in the dish he bathes more readily. After the bath the water is drained carefully and the sand left to dry in the dish for use another time."

"What kind of a dish does a bird take a bath in?" asked Billy.

"Be patient," I said, "and let me read: Small china or earthenware dishes that are not too deep make good bathing pans. When a bird becomes accustomed to one dish it will usually refuse to bathe in another of different shape or color. In winter the water should be warmed until tepid. Even in warm weather very cold water is not advisable. If the room, ordinarily warm, becomes cold temporarily, birds should not be allowed to bathe. With the plumage wet and bedraggled there is increased sus-cep-ti-bil-i-ty to cold drafts."

"What's 'susceptibility'?" asked Billy.

"That means a canary is apt to take cold if he sits around with his feathers all wet. Just as little boys sometimes take cold, from wearing wet shoes and stockings."

"I know," said Billy. "Read!"

For half an hour longer I read about canaries, how to take care of feet and bills, how to treat broken limbs and common diseases, and how to keep the cages clean. Billy was interested in all of the information. When I told him that the color of his canary might be changed somewhat by feeding it certain foods, such as sweet red pepper, during the molting season, he wanted to begin the red pepper diet right away.

I was almost as interested as Billy in learning about canaries. After he had gone to bed, I read their history, and how they are trained to sing. Do you know that a mechanical instrument, called a bird organ, that produces liquid trills, is used in training canaries?

If you want to learn all about canaries, write to me, and I'll send you the canary booklet I've been talking about. It is free, and it is called; "Canaries-- Their Care and Management."

Now, instead of suggesting a menu, I shall give you two recipes: the first is for Celery Fritters, and the second is a fruit concoction of apricots and prunes. Both these recipes are very short.

For Celery Fritters, you will need the following six ingredients:

2 cups celery finely cut
1-3/4 cups sifted soft wheat flour
1 cup milk
1 egg
3/4 teaspoon salt
2 tablespoons baking powder

Six ingredients: (Repeat)

Sift together the flour, salt, and baking powder. Add the beaten egg and milk, then the celery. Fry by spoonfuls, in a well-buttered skillet. Drain on absorbent paper, and serve hot.

Only four ingredients for the Apricot and Prune Conserve:

1/2 pound apricots
1/2 pound prunes
1 cup sugar
4 cups water

Four ingredients: (Repeat)

Wash the prunes and apricots thoroughly, and put them in the water to soak overnight. Cook the fruit together for 10 minutes, add the sugar, and simmer until the juice is fairly rich. Serve hot or cold.

That completes the recipes. Let's see-- I've changed my mind about a menu. Let's make one around the Celery Fritters. Why couldn't we have a very good luncheon of Cold sliced meat; Celery Fritters; Sliced Tomatoes; and-- and hot biscuits and butter with the apricot and prune conserve.

That, I think, is very good for an extemporaneous meal.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Wed. Apr. 6

1.9
9n3 Hh
Reserve

NOT FOR PUBLICATION

ANNOUNCEMENT: Suggestions about what to buy for summer dresses, a menu and three recipes today, all approved by the U. S. Bureau of Home Economics.

--ooOoo--

I have been buying dress goods since I last talked to you. The only way I can keep within my clothing budget, is to make my own and Sally Jean's summer dresses. Not that it's a hardship. I like to cut into new materials, and make fluffy afternoon frocks, and crisp house dresses.

I saw many beautiful cotton prints in the shops -- voile, batiste, dimity, organdy, broadcloth, zephyrs, cotton charmeuse, and novelty corded cottons. The distinguishing characteristic of these materials is that the designs are printed on the fabric, and of course appear on only one side.

Most of these popular summer dress materials launder well, and do not fade. Many of them particularly the well-known brands, are guaranteed fast color.

However, just to make sure, I took three samples home and washed them. I find it is always well to test material, especially if it is to be used for children's clothes, which must be washed so frequently.

Shall I tell you about the printed designs on the dress materials? They are unusually pretty. Small designs seem to be most popular. The "newest thing" in voiles is geometric prints -- squares, triangles, and so forth. I saw lovely ones in black and white, and in blue and grey. These would be charming on the older woman.

For summer afternoons, batiste, dimity, and organdy, made in simple, full-skirted styles, are cool and fresh. The zephyrs, cotton charmeuse, and corded cottons are excellent for house dresses, and for children's school and play dresses. They are attractive if made up simply, and combined with a plain material. A fetching black velvet tie, or narrow black bindings on flounces, suggest the quaint styles of 1860.

As for the young girl of sixteen or thereabout who wants a party dress - the dainty batistes, organdies, and lawns seem made especially for her. They are much more appropriate than chiffon and silk. The sixteen-year-old can

wear chiffon and silk when she is really grown up.

In one large department store I found an entrancing array of ginghams -- more than 10 varieties, ranging in width from 26 to 40 inches. Gingham is practically sure to be fast color, because the dye is added before the cloth is made. That is, instead of the color being introduced after the fabric is woven, the yarns are dyed before the fabric is made or the cotton itself is dyed, before the yarns are even spun. This makes a fabric which is dyed throughout, and not merely on one side.

French and Zephyr ginghams are fine, light-weight materials, with a soft finish. Lovely for afternoon dresses, house dresses, and school dresses.

Apron checks are usually coarser, and more stiff. Chambray is a plain colored gingham, with a white filling. I used to think, long years ago when I carried a primer to school, that blue chambray gingham had only one use in the world -- and that was to make little girls' aprons, with long wide ties, which made a huge bow in the back.

Nurses' gingham has heavy blue and white stripes, and is closely woven. It makes neat and durable house dresses.

Tissue ginghams are thinner, and more transparent, than ordinary ginghams, and often have heavy cords, stripes or checks, or even embroidered designs in them. They wear well, and they are especially popular this fall. However, when you buy a corded material of any kind, be sure to study the fabric carefully. Unless there are a fair number of supporting yarns, the fabric may split, along the cords.

I have seen a number of ready-made afternoon dresses, fashioned of tissue gingham, combined with organdy. It's a pleasing combination.

Even the ordinary ginghams come in lovely patterns this year. One of the most interesting I have seen is the gingham with checks an inch square. There was a blue-green and white, a blue and white and rose, and a red and white, in the big checks.

My friend in the Bureau of Home Economics who makes a study of interior decorating tells me that these checked ginghams are perfect for summer curtains. She says that the present interest in French rustic furniture has resulted in a scheme of decoration which calls for checks. Checks are used for window curtains, for the backs and sides of upholstered chairs, and for lampshades. The checks and the clear colors give an atomsphere of quaint charm to the room where they are used.

There's one more thing I might mention in connection with cotton fabrics. Some of these materials, especially the ginghams, combined with plain color, make the "jazziest" kind of pajama suits -- the kind of pajama suits the girl in college heartily approves of.

Now I shall quit talking about clothes. No matter where I begin, I usually come back to meals, and cooking. There are three recipes today, so you will find considerable use for your pencil.

The menu includes Fresh Sliced Beef Tongue; Wilted Dandelion Greens; Fried Potato Cakes, made of Mashed Potatoes; and Banana Pudding.

Fresh Beef Tongue is appetizing, and will help to vary the main dish of the meal. Get your pencils please now. Seven materials are needed for the tongue;

1 beef tongue
4 quarts water
3 sprigs parsley
1 onion, large
1 teaspoon pepper corns
2 bay leaves
1/2 teaspoon salt

Seven ingredients. I shall repeat them: (Repeat).

Wash the tongue well. Do not trim it. Place it in water to cover, add the seasonings, and simmer for two and one-half to three hours, or until the meat is tender. Skin the tongue. Slice it, and serve hot. Or allow it to cool in the liquid after skinning, and serve it cold. Make a stew, from the meat at the base of the tongue, the liquid, and the vegetables. Or cook spinach or kale in the liquid, and serve with the meat which is not in shape for slicing.

Now let's consider the dandelion greens, which afford an agreeable change in the diet, after the winter vegetables, and also supply vitamins and needed minerals. The time to gather dandelion leaves is very early in the season, when they are young, tender, and least bitter. Dandelion greens are used in about the same ways as other green-leaf vegetables, when properly cooked. Discard the crown, roots, and large outer leaves. Cook the greens in the shortest possible time, or not at all. The usual method, of long boiling, in several waters, is not recommended by the Bureau of Home Economics, as most of the valuable food matter in the greens is then thrown away. A better method is to combine the dandelion greens with other vegetables or flavors which modify the bitterness, and cook only a short time.

Raw dandelion leaves, or those cooked without water, are less bitter than those that have been boiled. Vinegar, or acid dressings, help, and so do foods of strong flavor, such as celery, and some meats. Crisp salt pork or bacon is frequently served with dandelion greens, and blends of dandelion and other greens are very good.

Take your pencil now and I'll give you the recipe for wilted dandelion greens with bacon. Six ingredients;

2 quarts dandelion greens
1/4 pound bacon
1/2 cup vinegar, or less
1/2 cup water, or less
4 teaspoons sugar
1 teaspoon salt

Have you six ingredients? (Repeat)

Clean the greens thoroughly. Cut rather finely with scissors, to avoid stringiness. Fry the bacon until crisp and delicately brown; pour off all but 4 tablespoons of the fat. Add the water, vinegar, and salt to the remaining fat, bring to the boiling point, pour over the dandelion leaves, and serve. Slices of hard boiled eggs, or boiled beets or carrots may be simmered for a few minutes with these greens. If eggs are used, the sugar is omitted.

One more recipe, for Banana Pudding. I believe you will like this dessert. It affords a good way to use left-over cookies that are a bit stale. Any kind of cooky, which does not have a pronounced flavor, can be used in the pudding. The recipe for banana Pudding calls for seven ingredients, as follows:

1 quart milk
4 or 5 eggs
1/2 cup sugar
1/8 teaspoon salt
Bananas
Sweet crackers or cookies
1 teaspoon vanilla
I'll repeat the seven ingredients: (Repeat)

Heat the milk, sugar, and salt in a double boiler. Beat the egg yolks lightly, and pour slowly into them some of the heated milk. Pour back into the double boiler, and stir constantly until the custard coats the spoon. Remove at once from the fire, place the pan in a bowl of cold water, and stir the custard until cool. Add the vanilla.

Grease a baking dish, put in the bottom of the dish a layer of sweet crackers, and slice over them a layer of banana. Pour over this some of the custard and fill the dish about three quarters full with these layers. Make a meringue of the whites of the eggs and one tablespoon of sugar to each egg. Spread over the pudding and cook in a slow over until golden brown. Then let the pudding stand until thoroughly chilled before serving.

Again, the entire menu: Fresh Sliced Beef Tongue; Wilted Dandelion greens; Fried Potato Cakes; and Banana Pudding.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Thurs., Apr. 7.

9
1.3F
Reserve

NOT FOR PUBLICATION

ANNOUNCEMENT: The subjects treated in this chat are "too numerous to mention." The best part of the program is a company luncheon, with two recipes from the Bureau of Home Economics.

****

Questions and answers first today.

Question One: "Please tell me how to wash wool blankets so they will be soft and fluffy."

Wool blankets, like all wool materials, should be washed and rinsed in lukewarm water. Use only neutral soaps, and no strong washing powders. Borax and ammonia solutions are safe, if you need something more than soap alone. Use soap in the form of a solution or a jelly, and do not rub the soap directly on the fabric. Have a large amount of lukewarm suds. Wool requires more water, in proportion to bulk, than any other material.

Squeeze and work the blankets in the suds, without rubbing. Press out the excess water, and wash the blankets in a second suds, of the same temperature. Hand washing is less likely than machine washing to shrink woolen blankets, and make them lose their softness. The washing machine is, however, a great labor saver in washing blankets.

Squeeze the blankets from the last suds, and rinse them in several changes of lukewarm water, as near the temperature of the suds as possible.

Wring through a loosely set wringer, being careful not to stretch out of shape. I mean stretch the blankets out of shape. Dry the blankets in a warm place, but not near a fire, or in direct sunlight. Never allow woolen material to freeze.

Place the blankets over a line, with a half or fourth on one side. Squeeze the ends occasionally, to remove excess water. When the blankets are dry, raise the nap by brushing well with a clean, stiff whisk broom.

If washed and dried properly, wool blankets will remain soft and fluffy.

Second question: "When I washed my cream-colored curtains, they faded almost white. Is there any way to restore the color, besides dyeing the curtains?"

NOT FOR PUBLICATION

: The subjects treated in this sheet are "two emotions to
... The best part of the program is a company known, with its
... the Bureau of Home Economics.

... and uneven first loop.

... that "silence is a ... to ... all ... is ... will be
... Be ... ."

... soft ... like ... wool material, ... be ... <u>rinsed</u> in
... water. We only want ... to ... evenly ... water.
Squeeze ... moisture; ... suds. If ... need ... . Then ...
... . Two ... in the form of ... solution ... to ... with ...
more ... to the fabric. Here ... of ... the ... .
Lift ... by ... in preparation ... to ..., then ... other ...
... the warm water in the ... slight ... .
... the ... to ... excess water, and ... the ... to a ... of ... .
... <u>Hang</u> ... in ... fairly ... to ... with ... .
Shake, and move ... from ... . The ... .
... , wash ... and ... .

Squeeze ... dry ... from ... , and ... it ... and ... .
of ... , in ... the ... as ... .

Using ... a ... net ..., being ... not to ... .
... . <u>Pinnate</u> ... of ... . Dry ... in ... .
... , ... or in ... sunlight. ... .
... by ... .

Place ... over a ..., with a ... or ... on ... .
... , to ... excess water. ... .
... with a ... , until ... .

It ... and ... properly, wool ... all ... and ... .

... I washed my ..., the ... .
... to ... its ..., because ... .
Hint: ... .

Yes, there is a way. Cream, ecru, and brown curtains can be re-tinted easily with very weak solutions of commercial dye. Or a strong solution of tea or coffee, or a combination of both tea and coffee, added slowly, to hot water, may be used for tinting. Test the color on a pice of muslin. Remove the curtain as soon as the desired shade is obtained.

Third question: "Can you tell me how to make a home-made furniture polish?

I can. Mix one part of raw linseed oil, with two parts of turpentine. Add a little melted beeswax if you like. This formula, and also one for floor wax, is included in the bulletin called "Housecleaning Made Easier." The bulletin will be sent free to anyone asking for it. By the way, I can send you a list of all the bulletins published in the U. S. Department of Agriculture, if you like, and then you can order those which will be of most help to you in keeping house.

Fourth question: "What will remove the yellow stain from piano keys."

The best cleaner for piano keys is wood alcohol. If wood alcohol is not obtainable, clean warm water, with a mild, neutral soap, may be used. Don't have the water too hot, or it may make the keys yellow. Be careful about the soap, too. Soap with a large amount of alkali will discolor the keys.

Last question: "My young son has been stirred to action by a study of birds, and wants to make some bird houses for the robins, wrens, orioles, and brown thrashers which spend the summer on our farm. Can you tell me where to get ideas for bird houses, and is there any way to keep cats away from the birds?"

I am sending you a bulletin, called "Homes for Birds," which has pictures of several kinds of bird houses, with directions for making them. It also explains methods of attracting birds. There are plain, easy-to-make homes for the bluebird, who doesn't care whether his home is a fancy one or not. There are charming rustic homes, covered with bark, for the more particular birds, and neat little bungalows for wrens.

For the purple martins, which love companionship, there are regular apartment houses. For instance, the martin house illustrated in the bird bulletin has a foundation, two stories, and a roof. There are eight rooms in each story. As the bird colony grows, more stories can be added.

How would you like to have an owl in your bird family? Barn owls like man-made homes, and the simpler the home, the better pleased they are. No fancy gingerbread work and bric-a-brac for the wise old owl.

As you intimate in your letter, cats are one of the greatest obstacles in efforts to increase bird life in cities and in suburban communities. Even the most well-mannered and kindly house cat is apt to fall from grace occasionally, when he sees young birds just out of the nest. During the nesting sea-

[illegible] ...eintod
...m [illegible] ...
...ion, there is a way. Grease, corn, and [illegible] ...
easily with very weak solutions of commercial dye. Or a solution of
tea or coffee, or a combination of both tea and coffee. Make a light, to not
water, May I need for tinting. Test the color on a piece of muslin. Remove
the garment as soon as the desired shade is obtained.

Third question: "Can I [illegible] ... I make a home-made laundry soap
I [illegible] ... ix pkg. [illegible] ... ed tea kinsoap oil, with two parts of kerosene. Add
... little melted [illegible] ... ix it [illegible] ... like. This formula, and also ... for [illegible]
... is included in the Department bulletin [illegible] ... By the way, I want more
...cerin, [illegible] to see ... those to anyone asking for it. U. S. Department of ...ricul-
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you in keeping house.

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son, the cat must be kept clear away from the neighborhood of the bird houses.

If the bird house is placed on a pole, or in a tree, cats can be kept away by the use of sheet-metal guards. Place high enough on the tree that the cat cannot spring from the ground, and secure a hold above the sheet-metal. There are anumber of other devices for keeping cats and other enemies from bird houses, but I won't take time to discuss them now. Send for the bulletin, if you are interested in songbirds, and want to attract them to your home.

I'm going to give you a treat today. Last week the Menu Specialist in the Bureau of Home Economics had an inspiration. We were talking together, about this and that, when she said suddenly, "I will not suggest another everyday dinner, till I have planned a company luncheon, with ice cream and strawberries, and angel food cake. Begone, dull care! Enough of commonplace dinners!"

"Watch out!" I said, alarmed. "You know as well as I that we have built up a reputation for good, practical, well-balanced meals, and now if you go suggesting ice cream and fresh strawberries and angel food cake, all at the same time-- "

"I will brook no interference," said the Menu Specialist, "and besides, just wait till you hear my menu. A company luncheon can be well-balanced, and all those other sensible things you say, and yet -- Well, here it is! Chicken loaf; asparagus; hot Sally Lunn; ice cream with fresh strawberry sauce; and angel food cake. How, I ask you, is that for a company luncheon?"

"Refreshing," said I, "and different, and spring-like. But, I still insist that we be practical. What if one has no fresh strawberries, to serve on the ice cream?"

"Then, serve something else on the ice cream," said the Menu Specialist, calmly. "Use some of the pineapple and apricot jam you broadcast a recipe for a few weeks ago, or some other fruit, fresh or preserved. Have you no imagination?"

"Loads of it. And I can imagine you giving me a most delicious recipe for Chicken Loaf, and a most entrancing recipe for the quick bread called Hot Sally Lunn."

"Here they are," said my friend, the Menu Specialist, and there they were.

Here's the first one, for Chicken Loaf, nine ingredients:

2 cups finely cut cooked chicken
1 cup fine bread crumbs
1-1/2 tablespoons butter or chicken fat
1/2 cup milk
2 eggs
1/2 cup mashed canned peas
Salt
Paprika
Onion and green pepper, fried in butter or chicken fat

Nine ingredients for Chicken Loaf: (Repeat)

Heat the milk and moisten the crumbs with it and combine with the other ingredients, adding the beaten eggs last. Place the mixture in a greased baking dish or pan and bake in a moderate oven for one hour, or until firm and brown. Turn out on a platter and serve hot or cold. If served cold, garnish with slice tomato.

And here's the recipe for Hot Sally Lunn; eight ingredients:

3/4 cup milk
1 egg
1/4 cup water, lukewarm
1 cake yeast
2 tablespoons butter
1-1/2 teaspoons salt
2 tablespoons sugar
2 cups flour

Eight ingredients. Count them, for Hot Sally Lunn: (Repeat)

Scald the milk, add the sugar, salt, and butter, and allow the mixture to cool. Soften the yeast in the water. When the milk is lukewarm add the yeast, the beaten egg, and the flour to it. Pour the batter into a buttered pan; and allow it to rise to double its bulk. Sprinkle the top with sugar and cinnamon and bake in a moderately hot oven.

And that's all, for this delicious company luncheon: Chicken Loaf; Asparagus; Hot Sally Lunn; Ice Cream with Fresh Strawberry Sauce; and Angel Food Cake.

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1 cup fine bread crumbs
1-1/2 tablespoons butter or substitute
1/2 cup milk
1 egg
1/2 cup mashed cooked peas
salt
pepper

Onion and thyme pudding. Melt in butter or substitute

Add . redients. Cut Onion into: (remove)

Add milk and molasses (). Grease with it [illegible] other
[illegible] mixing the beaten eggs last. Place the [illegible] in
[illegible] or pan. Add boi[illegible] water to half fill [illegible]
[illegible] Put [illegible] or cold. Add boiling
[illegible] Steam.

[illegible] for Hot Soft Puddings, Fruit or Suet Ingredients:

6 cup milk
1/4 cup water
1 egg
2 cups flour
1 teaspoon baking powder
1/2 cup fruit
1/2 cup suet
1/2 cup sugar
1/2 teaspoon salt

Light ingredients. Mix dry, for Hot Jelly Puds: Sp[illegible]

[illegible] Add the sugar, milk, and butter, and gently [illegible]
[illegible] Add the [illegible] Pour the [illegible] mixture
[illegible] Steam [illegible] Turn the [illegible] Serve with
[illegible] and jam in a hot dish.

Jam Pudding. For this delicious company [illegible]:
Hot Jelly Puds; Ice Cream with [illegible] Almond
[illegible]

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM..... Housekeepers' Chat ..... RELEASE Fri. Apr. 8/27.

1.9
1.9n3 Hl

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Questions and answers, a menu, and a recipe today. Information approved by the U. S. Bureau of Home Economics.

Reserve

---ooOoo---

More questions today, and then a menu.

The first question is from Iowa: "Please tell me something about okra. Is it a fruit or a vegetable?"

Okra is a vegetable which is used more generally in the south than in other parts of the country. It is one of the main ingredients for chicken gumbo, and other types of gumbo.

Second question: "Do radishes have any food value?"

Radishes, while not particularly rich in any food substances, are valuable as appetizers and for their crisp fresh texture. It takes all kinds of foods to make a well-balanced diet, and it pays to serve all the kinds of fresh vegetables and fruits available.

Third question: "Is lettuce of any value, aside from its use as an attractive salad green?"

I should say it is. Lettuce is extremely rich in certain of the important vitamins and mineral salts. It also supplies bulk to the diet. Many people now consider lettuce an essential part of thir diet, throughout the year. If you want to receive full value from your salad, don't leave the lettuce on the plate.

Fourth question: "Can you tell me anything about the origin of the onion?"

The onion is one of the oldest of the vegetables, and its native country is unknown. It is believed to be of Eastern origin. The onion is mentioned in the Bible as one of the things for which the Israelites longed in the wilderness, and complained about to Moses. In the time of Herodotus, who lived more than 300 years before Christ, there was an inscription on the Great Pyramid, in Egypt, telling how much the laborers who built the pyramid had spent for onions, radishes, and garlic.

Some of the early explorers, including Christopher Columbus, brought onion seed to the New World.

Next question: "What vegetables are included in the 'Salad Crops'?"

This group includes cabbage, kale, Brussels sprouts, cauliflower, mustard,

(NOT FOR PUBLICATION)

watercress, lettuce, spinach, celery, dandelions, chicory, endive, sorrel, and many others. There has been an extremely great demand for salad crops in the United States during the last 10 years, owing to a certain degree, to the recently recognized importance of these vegetables in the diet.

Next question: "Can the pectin in lemon and orange peel be extracted at home for use in jelly making?"

Yes. Pectin can be extracted from the fresh or the dried peel of citrus fruit. Thick-skinned oranges and lemons are best for this purpose. Since the citrus pectin extracts develop a somewhat strong flavor on standing, it may be best to collect the peel now, while citrus fruits are plentiful, and wait to make the extract until just before the jelly making season. Send to the Department of Agriculture for Circular 254, which gives full directions for making these pectin extracts at home.

Next question: "Can tarnish be removed from silver without rubbing?"

Tarnish on silver can be removed by the electrolytic method, in the following way: Fill an enameled or agateware kettle partly full of water, in which has been dissolved 1 teaspoon of either washing soda or baking soda, and 1 teaspoon salt, to each quart of water. Heat this solution to the boiling point, put in strips of aluminum or bright zinc, add the tarnished silver, and boil. The silver must be covered completely by the water, and each piece must be in contact with the aluminum or zinc, either directly or through other silver. When the tarnish has disappeared, the silver should be removed from the kettle, washed, and dried with a clean, soft cloth.

Last question: "Please tell me a few ways of using rice, besides as a breakfast cereal."

That's an easy question.

First, rice may be used in soups. Rice added to any kind of meat stock with a little parsley, bay leaf, thyme, or a pinch of celery seed for seasoning, makes an appetizing and a nourishing soup. Also, rice makes excellent thickening for soups made of highly flavored vegetables, such as tomatoes, asparagus, celery, or onions.

Second, rice can be used in baked and stewed dishes, combined with meat, eggs, cheese, oysters, vegetables, and so forth.

Third, it can be used in waffles, spoon bread, muffins, cookies, and even in sponge cake.

Fourth, rice can be used in salads, and

Fifth, it can be used in desserts.

I'll tell you why that was such an easy question to answer. I have a bulletin, called "Rice as Food," which contains more than 30 recipes for rice. This bulletin was prepared by the Bureau of Home Economics, and the recipes are just as good as the recipes I have been broadcasting this year. I wish you would

send for the bulletin, which is free, and add it to your kitchen library.

Now let's talk about dinner. A very easy dinner today: Veal cutlets; scalloped tomatoes; string beans; and Spanish Cream.

The only dish difficult to prepare is the Spanish Cream, and I'll tell you how to make it. One of the best features of this dessert is that it requires lots of milk and eggs, which makes it a splendid dessert for children.

Pencils ready now, please. Seven ingredients, for Spanish Cream:

1 quart milk
2 tablespoons granulated gelatin
4 tablespoons cold water
1/2 cup sugar
1/4 teaspoon salt
5 eggs
1 teaspoon vanilla

Seven ingredients, again: (Repeat)

Soak the gelatin until soft in the cold water. Heat the milk in a double boiler, and add to it the sugar and the salt. Beat the egg yolks, and gradually add the hot milk to them. Mix well, pour back into the double boiler, and cook this mixture until it thickens like a soft custard. Remove it from the fire, add the softened gelatin to this hot mixture, stir well, strain, and cool. Meanwhile beat the egg whites until fluffy. Fold them into the custard after it has begun to set and add a teaspoon of vanilla, or 1/4 teaspoon of almond extract, or any other desired flavoring. Pour into individual molds or a pudding dish wet with cold water, and set away to become firm. Serve with cream, or with a sauce of crushed fruit.

Let's check the menu now: Veal Cutlet; Scalloped Tomatoes; String Beans; and Spanish Cream.

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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

1.9 Jun 3 Hh

Reserve

Housekeepers' Chat — Mon., Apr. 11.

NOT FOR PUBLICATION

ANNOUNCEMENT: How to destroy obnoxious bird pests, what to wear for summer afternoons, and a dinner menu today. Two recipes, from the U.S. Bureau of Home Economics.

--ooOoo--

Do you remember the talk I made last week about songbirds, and how to attract them to shady streets and lawns? A gentleman in Kansas, who happened to hear my talk, writes me the following letter:

"Dear Aunt Sammy: I am heartily in favor of attracting beautiful songbirds, building homes for them, and protecting them from cats and other enemies. But since this is not 'Be Kind to Animals' week, I wish to say something unkind anout the house sparrow, commonly called the English sparrow.

"It happens that my bedroom is close to the eaves of the house. Early every morning I am awakened by quarreling sparrows, airing their family troubles in the water spout. Sometimes they hold conventions just outside my window. Their excited bickering gets on my nerves! Not only do they disturb my early slumbers, but they destroy the fruits in my small orchard. They ruin my cherries, my pears, my grapes, and my peaches. If I try to have the earliest garden in the neighborhood, the sparrows eat the peas and lettuce, as fast as they come up. They build their ugly nests in my ornamental shrubs, and in crevices of the house. They drive away the orioles, the robins, and the mockingbirds.

"Now, Aunt Sammy, please don't think I'm a 'fussy man.' But I have lost my temper and my wife's affection; I have broken two alarm clocks by hurling them at sparrow congregations; and I have been sadly misunderstood, by an old friend, who happened to be in the way, one dark and frosty night, when I turned the hose on a colony of sparrows. If you can tell me how to exterminate these pests, I shall be very much obliged."

That, in short, is the case against the English sparrow, which has neither beauty of feathers nor sweetness of song, to save it from a verdict of "Guilty."

The gentleman from Kansas is probably expressing the sentiments of hundreds of other irate householders, in all parts of the United States, who would like to rid their premises of this bird, which defiles private and public property, drives away useful native birds, destroys fruit, grain, and early gardens, and fills the air with its noisy chatter. The English sparrow, among birds, is like the rat among animals -- cunning destructive, and filthy. Though the Ebglish sparrow is valuable, once in in a while, as a destroyer of noxious insects, all things considered it does far more harm than good.

According to authorities in the U. S. Department of Agriculture, the most effective method of preventing the increase of sparrows in a locality, is to destroy their nests, every 10 or 12 days, during the breeding season. This was tried in a town of 4,000 inhabitants, and within four years 20,000 eggs were destroyed.

There are several good methods of destroying the birds themselves: shooting, trapping, and poisoning. I am sending you a bulletin, called "The English Sparrow as a Pest," which gives various methods of extermination. The use of traps is strongly recommended, and there are explicit directions, with diagrams, for making several kinds of traps. The bulletin is free.

Do you know that English sparrows are good to eat? They can be cooked by any of the methods used for quail. When boned, broiled, buttered, and served on toast, they are said to be very good, and to compare favorably with the best kinds of small game.

You see what a creature of habit I am. No matter where I begin, I lead the talk right around to the kitchen, and cooking. And there's one more question I must answer before I plan a dinner.

The question is this: "Is organdy going to be worn this summer?"

It is. Organdy has been made this spring in 45-inch widths, white, colored, and printed in floral designs. The best qualities are finished, to retain their crispness. The favored colors are pink, peach, orchid, nile green, blue, and maize.

Organdy is excellent for afternoons, and summer evenings. Some of the prettiest dresses are made in the fashion which the French call "robe de style" -- tight bodices, and full skirts. The organdy may be combined with net, or with organdy of a contrasting color. Ruffles are not so good as inserted bands of color, for which the person who does the ironing will be thankful.

I saw two beautiful organdy frocks last week, made with full skirts, in different shades. That is, the skirt was made of three colors, the top

section being narrower than the bottom section, so that there was a graduation in both color and spacing. In one skirt the top section was white, the center one pink, and the lower one rose. The other skirt had a color combination of orchid, lavender, and purple. You can imagine how crisp and dainty they were.

One of the newest style notes is the frock of tissue gingham, with organdy as timming. This should be good news for the "Sweet girl graduates" of several years ago. If they have kept their graduating dresses, and want to use them as trimming, this is the season to do it.

And here's another fashion note: Organdy is charming over slips made of Baronet satin, or over rayon fabrics. Much depends upon the fit of the slip, however. It must be very neatly made, for organdy is a most revealing fabric.

Now, just one minute, before you write down the menu. Here's a letter from a lady in Brooklyn, New York: "Dear Aunt Sammy: I could not resist writing to you about the baked beans. I am certainly grateful for the recipe you broadcast. I wanted so much to know how beans were baked, but as they are such a simple dish to prepare, I was ashamed to ask."

I am glad this listener liked the recipe, but I wish she had asked me for it sooner. Please do not hesitate to ask me "simple" questions. Perhaps they aren't so simple, after all. I'm sure that preparing a perfect dish of baked beans is a far from simple operation. In planning the programs, I am guided by your letters and questions, so ask me the questions you are most interested in.

Pencils, now, please, for the dinner menu: Veal Timbales, T-i-m-b-a-l-e-s, timbales; Fried Apples and Carrots; Buttered Cabbage; and Rhubarb Tarts.

The recipe for veal timbales calls for 1 pound of veal, but, if you do not have veal, you may use chicken, or lamb, or any other left-over meat. You will need your custard cups, or your timbale molds, for this meat concoction, for it is to be baked in molds, set in a pan of hot water. If you like to try new ways of cooking, and have not made Veal Timbales, I am sure you will be pleased with it. Pencils again now, for the Veal Timbales. Nine ingredients:

1 pound veal
2 eggs
1/2 teaspoon salt
Onion juice
1 cup milk or meat broth
1 teaspoon finely chopped parsley
2 tablespoons flour
2 tablespoons butter
Lemon juice to taste
Count the ingredients -- there should be nine (Repeat

Simmer the veal in a small amount of water until tender. Then put it through the meat grinder, using the fine knife. Prepare a cream sauce of the butter, flour, and the liquid. Add to this the well-beaten eggs, the seasonings, and the meat. Mix well. Grease custard cups, and pour in the mixture. Bake for one-half hour, in a pan surrounded by water. Turn the timbales out, and serve hot.

I am suggesting fried apples and carrots because they will be good with the veal, and because we want to use up the carrots, and the apples, at this time of the year, before the new vegetables are abundant. The recipe for Fried Apples and Carrots is in the Radio Cookbook, but since some of you do not have a cookbook yet, I shall read the recipe, very slowly:

Select 6 medium-sized carrots and 6 tart apples. Scrape the carrots, and cut them lengthwise into thin slices. Pare the apples, or leave the peelings on, whichever you prefer. Core the apples, and cut them into slices about a fourth of an inch thick. Fry the apples and the carrots in fat, preferably in a large iron pan or skillet. Place them in single layers, and cover the pan tightly. Cook till well browned on one side, then turn. Sprinkle with a little salt and sugar. Serve on a hot platter - first a layer of carrots, then a layer of apples, so the two can be served together.

That concludes the recipes for today. The menu, again: Veal Timbales; Fried Apples and Carrots; Buttered Cabbage; and Rhubarb Tarts.

# # #

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Tues. Apr. 12.

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Reserve

NOT FOR PUBLICATION

ANNOUNCEMENT: More fashion notes; suggestions for setting a "company" table, and a menu. Another good recipe from the Bureau of Home Economics.

--ooOoo--

I read an interesting item in the paper the other day, about table manners. In the olden days, when knighthood was in flower, it seems that one fork was enough for two persons. When a noble knight took his noble lady to dine, they took turns with the fork.

This article reminded me of something I read in a copy of Godey's Lady's Book, printed in 1846. I hunted up the book, and marked the place. Here it is, hints to young men when dining out:

"Your first duty at the table is to attend to the wants of the lady who sits next to you, the second to attend to your own. In performing the first, you should take care that the lady has all that she wishes, yet without appearing to direct your attention to her plate, for nothing is more ill-bred, than to watch a person eating. If the lady be something of a gourmande, and, in over-zealous pursuit of the aroma of the wing of a pigeon, should raise an unmanageable portion to her mouth, you should cease all conversation with her, and look steadfastly in the opposite corner of the room."

Isn't that delightful? When young gentlemen of the twentieth century take their lady friends to dinner, and the lady friends attack a three-layered club sandwich with more gusto than grace, I suppose the polite young gentleman should stop talking immediately, and gaze steadfastly toward the opposite corner of the room.

However, I'm not going to talk about table manners. Customs vary in different parts of the country, and they change, as we find more convenient methods of serving food. If I should be so brave as to make a list of rules covering table manners, some pert young thing might get hold of a radio program in the year Two Thousand, and be moved to laughter. I can just imagine her saying: "Give ear, Othello, to the queer old-fashioned table manners of 1927!" No, I shan't give her a chance to laugh.

But I am going to answer the numerous requests I've received about setting the table. All of us like to see a neatly set dinner table, and although we may disagree on trivial points, we will agree on the important ones. These are the rules given to a young woman who arranged a correctly set table for company dinner, as part of a dining room exhibit:

Place a silence cloth on the table. Then lay the tablecloth, perfectly straight, with the crease in the exact middle from head to foot. In the center, place a low centerpiece of flowers, fruit, bright berries, or a growing plant. Wild flowers, arranged loosely in a low bowl, the stems held in place by wet sand, make a pretty centerpiece. Keep the centerpiece low enough to allow everyone at table a ready view of everyone else. At regular intervals near the centerpiece, place four unshaded candles of sufficient height to avoid shining in the eyes.

Use salts and peppers at each place, or between each two places. Dishes and silver are laid about one inch from the edge of the table.

Knives, forks and spoons are laid in the order of use, starting with the piece farthest from the plate, on each side.

Knives are placed to the right, the cutting edge toward the plate; spoons to the right, bowl up; and forks to the left, tines up, with the exception of the oyster forks, which are placed to the right.

Not more than two knoves and three forks (not counting either butter spreader or oyster fork) may be laid at one cover. Additional silver is laid when required.

Glasses are filled three-fourths full, and placed at the upper right-hand side. If butter is to be served, a bread and butter plate is placed at the upper left-hand side, with butter spreader on the plate.

The carving knife and fork may be placed on the side table until needed.

The knife and gravy spoon are laid at the right of the host, and the fork and sharpener to the left of the host, when he carves and serves at the table.

That concludes the rules, for setting a table for a formal company dinner.

I have another question, left over from yesterday: " Please tell me what colors are going to be worn in voiles, and what trimmings are appropriate for voile dresses."

This is an interesting question. I am told that this season will be one of the biggest voile seasons on record. There are voiles with flower

designs, geometrical designs in bold colors, and small all-over designs in bouquets of pastel-colored flowers.

In texture, voile is thin and semi-transparent. A good quality will retain its body, and not become fuzzy. The yarns are tightly twisted, and any fluff is singed off, before the cloth is woven. However, even though the material seems firm when it is purchased, it may pull, and ravel, and stretch when you begin working on it. Therefore, if you have never made a dress, I should not advise you to begin with voile.

When making voile dresses, cut off all the selvages, even in straight skirts. If you do not, the material will draw when washed. French seams are the best type to use. As for trimming -- shirring, tucks, and drawn work are most effective.

I have seen a number of afternoon dresses made of voile this spring, in both one and two-piece styles. If plain colors are preferred, the latest note is to combine two tones of one color. White voiles are especially good for summer, and are frequently seen combined with yellow. The more dressy voile frocks are made with beige lace, or with lace dyed the same color as the voile. One of my neighbors has a voile frock trimmed with beige lace which was originally white. She rinsed the lace in coffee, to get the shade she wanted.

Some of the daintily colored voiles, both figured and plain, are worn with hip-length jackets of heavy, soft-woven novelty cotton fabrics, and velveteens. The jackets may be sleeveless. One particularly charming jacket was button-hole stitched on all edges, with heavy silk. The jackets are usually a darker color than the dress.

Costumes such as these are cool and attractive for summer afternoons. They have the great advantage of being washable, which saves frequent trips to the dry cleaner.

A long answer, wasn't it? Whenever you ask me a question in which I am particularly interested, I am quite apt to talk a long time on the subject. Perhaps too long, sometimes.

Very soon, I shall discuss canning -- the latest methods of canning, and how to put up fruits and vegetables so they'll keep. When you plant your vegetables, pleaseput in a few extra ones, so there will be something to put into cans. That's one way of adding to the winter food supply. If you get ready to can your vegetables, before I give my talk, write to me for advice.

It's time for the pencils now. Know what I see, in my mind's eye? One million pencils, of assorted sizes and shapes, ready to sprint across one million sheets of paper.

Here's the menu: Cold sliced corn beef; Vegetable curry; radishes and gingerbread with cream cheese filling.

This is a very nice vegetable curry and as for minerals and vitamins -- well, listen to the nine ingredients, and judge for yourself. Nine ingredients, for Vegetable Curry:

1/2 cup rice
1 cup diced onion
1 cup diced carrots
1 cup fresh or canned peas
1 cup diced celery
4 tablespoons butter
1/2 teaspoon salt, or to season
1/4 teaspoon curry
2 teaspoons Worcestershire Sauce

Nine ingredients: (Repeat)

Wash and cook the rice in three pints of boiling salted water. Drain, and let it stand over steam until the grains swell and become separate. Cook the vegetables in a small amount of water and just before removing from the stove add 1 cup of canned peas, or if fresh peas are available, cook them with the other vegetables. Use the liquid from the vegetables, and add the salt, curry and sauce. Make a ring of the cooked rice, placing the vegetable in the center, and pour over them the liquid mixture. Serve very hot.

Only one recipe today, because there's one for gingerbread with cream cheese filling in the radio cookbook.

The menu, again: Cold Sliced Corn Beef; Vegetable Curry; Radishes; and Gingerbread with Cream Cheese Filling.

# # #

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT. RELEASE Wed., Apr. 13.

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Reserve

NOT FOR PUBLICATION

ANNOUNCEMENT: Today's suggestion for dinner features three recipes: a roast of beef, Yorkshire pudding, and apricot whip. Questions and answers precede the menu. All information approved by the U. S. Bureau of Home Economics.

-ooOoo-

Questions and answers first today.

First question: "Please tell me how to remove water spots from a silk dress."

When silk is spotted by water, the water may dissolve a part of the finishing, or weighting substance, in the fabric. When the water evaporates, the spots are deposited irregularly, or in rings. One method of removing such spots is to dampen the entire material evenly, and press it while still damp. This may be done by sponging the material carefully with clean water, or by shaking it in the steam, from a briskly boiling teakettle, until it is thoroughly damp.

There are other methods of removing water spots from silk, and also from wool, described in the Farmers' Bulletin called "Stain Removal." You may have a copy of the bulletin for the asking.

Second question: "Is there any practical use for old carpets and rugs which have grown dull and shabby?"

There is one excellent use for old rugs and carpets. Why not have new rugs woven from them. If there is a rug weaver in your vicinity, you might consult him before you cut up the old carpet. He will probably tell you to clean your carpet thoroughly and cut it into strips about three-fourths of an inch wide. These strips, when sewed together and twisted, make a cord somewhat like chenille, and form the filling for the new rug. Cotton string is used for the warp. These rugs are heavy and soft, alike on both sides, and quite durable. Being rather neutral in color, and without definite design, they fit in well with almost any color scheme. In general, about 6 and one-half pounds of old carpet is required for one square yard of the rewoven fabric.

Speaking of rugs reminds me of a lecture I once heard by a well-known artist. While visiting in our town, he was invited to the home of one of our prominent women for dinner.

"When she took me into the dining room," he told us in his lecture, "I saw nothing but small rugs, placed this way, and that way, and every which way, in a crazy-quilt pattern. I tried to follow my hostess to the dinner table, but I was fascinated by the rugs, which led me, by a zigzag route, straight into her kitchen."

That isthe only part of the lecture I remember, but the incident impressed me so that I went home from school that night and placed every rug in the house straight on the floors. After all, I suppose that a rug placed obliquely on the floor is as disconcerting as a picture which hangs crooked. As a rule, straight-line arrangements are much more pleasing than erratic line arrangements.

My friend in the Bureau of Home Economics who specializes in home decorating says that a room can be worked out most attractively in cotton fabrics at little expense, this year. She calls this an "Early American" room, although the furniture need not be authentically of the "Early American" period.

For the floor, use cotton rugs, either woven from rags, braided, crocheted, or hooked. At the window, use ruffled curtains of voile, scrim, organdy, with tiebacks. Cover upholstered chairs with slip covers of cretonne, or glazed chintz. Perhaps you have a quaint, old-fashioned picture, or a pair of old candlesticks, which will add interest to an "Early American room."

During "Better Homes" week, which isthe last week in April, I intend to talk a great deal about house furnishings, and interior decorating. In fact, I think I shall devote four or five programs to "Better Homes."

But for the present, let's return to our mutton, as the French say when they mean get back to the business at hand.

It really isn't mutton, however; it's roast beef. I'm speaking of the menu now. A dinner menu of roast beef; Yorkshire pudding; creamed onions; spring greens; and apricot whip.

I can think of nothing more appetizing than a good rib roast of beef, with the old English dish known as "Yorkshire Pudding." This pudding is substantial enough to take the place of potatoes in our meal, and now that eggs are plentiful we can indulge in Yorkshire puddings as often as the family desires.

Let me tell you, now, how to choose and cook a rib roast of beef. Take notes if you like.

A cut of two or more ribs is considered by many the best for roasting. If the roast is chosen from the sixth to the twelfth rib, it will have a better "eye", for slicing. Only one rib makes too thin a roast to stand

up in the pan, or hold its shape for carving. Two or more ribs, with the bones left in, for a standing roast, are preferred by many housewives. If desired, however, the bones may be taken out by the butcher, and the roast rolled and tied. A rolled roast is in some ways easier to carve, and there is little waste if the bones are taken home for soup.

The average family can make several meals from such a roast of beef. Have it served hot with Yorkshire pudding the first time, then sliced cold the next day. Later in the week, a good stew or hash, or a rich soup, can be made from the remainder. Chopped left-overs of roast beef also make good croquettes, or filling for sandwiches.

A rib roast from a well-fatted animal is a tender cut. Roast it in an uncovered pan, with no water added. Place it in the roasting pan, with the curved side of the ribs up. This brings the layer of fat on the outside of the ribs on top. As the roast cooks, this fat gradually cooks out, and bastes the lean meat.

Before putting the roast into the pan, rub it with salt and pepper and pat flour over the outside. Have the oven very hot when the roast is put in. The intense heat sears the meat over quickly, and holds, in the juices. After the roast has seared for about 20 minutes, let the oven cool down, and finish the roasting of the meat at moderate temperature. Roasted in this way, a rib cut weighing six to seven pounds, with the bones left in, will require about 1-1/2 to 2 hours in the oven, to reach the medium rare stage. Rare roast beef is considered best from the standpoint of flavor and food value. If beef is roasted until it is well done all through, it is likely to be dry and flavorless. A rolled roast requires 5 to 10 minutes longer cooking per pound.

Pencils ready now please, for Yorkshire pudding. A short recipe, easy to follow. Five ingredients for Yorkshire pudding:

1 cup milk
1/2 cup flour
1/2 teaspoon salt
2 eggs
4 tablespoons beef drippings

Only five ingredients, as I have before stated: (Repeat)

Sift flour and salt, add the milk and beat until smooth, add the eggs, and beat with Dover egg beater for five minutes. Put the beef drippings into pans with high sides, and when hot pour in the batter, about one-half inch thick. Bake in hot oven for fifteen to twenty minutes. Cut in squares and serve at once with the roast.

The next recipe I shall give you is for Apricot Whip. The other day, when I was visiting the Recipe Lady in the Bureau of Home Economics, she mentioned an Apricot Whip she had just made.

"If you like apricots," said she, "you will be delighted with this apricot whip. It is a delicate yellow in color, and it has an elegant taste!"

I agreed with her that an apricot whip would be splendid for the Easter season, when dainty desserts are in order.

So she gave me her prize recipe, which requires only five ingredients, as follows:

1/2 pound dried apricots
1 cup water
3/4 cup sugar
1/4 teaspoon salt
5 egg whites

I'll repeat the five ingredients: (Repeat)

Wash the apricots through several waters, until thoroughly clean. Place in a bowl with the water, to soak over night. In the morning, cook the apricots in the water in which they soaked for about fifteen minutes, or until soft. Press the cooked apricots through a colander, and measure the pulp. There should be a cupful or a little over. Heat the pulp with the sugar until the sugar is dissolved, stirring all the time to prevent scorching. Whip the whites of the eggs until very light. Add the salt and the hot apricot pulp in small amounts until all of it is mixed with the whites of the eggs, whipping always in the same way. Place the mixture in a greased baking dish, in a pan surrounded by water. Bake at a very low temperature (from 250° to 275° F.) for 50 to 60 minutes. When baked at this low temperature, for this length of time, the pudding should not fall after cooling, or when served. Serve with a custard sauce made from the yolks of the eggs, or with plain or whipped cream. Or if preferred, serve the apricot whip uncooked. By adding the hot apricot pulp to the egg whites, the raw "eggy" flavor is removed, and the whip may be served at once.

Now let's check the menu, to see that it's all here: Roast Beef; Yorkshire Pudding; Creamed Onions; Spring Greens; and Apricot Whip.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

HOUSEKEEPERS' CHAT

PROGRAM

RELEASE Thurs., Apr.14,

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NOT FOR PUBLICATION

ANNOUNCEMENT: Hints on dressmaking, and a menu and three delicious recipes from the U. S. Bureau of Home Economics today.

Reserve

--ooOoo--

Saturday morning, while doing my upstairs dusting, I glanced out of the window to find my Next-Door Neighbor making wild signals with her arms.

"Come over, quick! she said excitedly. "They're in wrong again!"

I hurried downstairs, emptied the dust pan, and rushed across the back yard. My Neighbor sat in her living room, surrounded by scraps of lemon colored voile. She greeted me despairingly.

"Aunt Sammy," said she, "three times I have sewed these sleeves in, and twice I have ripped them out -- and now look at them!"

I looked. The trouble was obvious. The left sleeve was sewed firmly into the right armhole, and the right sleeve was sewed just as firmly into the left armhole.

"Well," I began, trying to think of something tactful to say, "well--well--"

"Don't!" said my Neighbor. "Don't say I have to take them out again!

"All right, I won't say it, but you know what I think. Where did you get your pattern, anyway?"

"I'll tell you," said my Friend. "Remember my georgette dress, with the pretty lace? That dress was more becoming than anything I've had for years. Yesterday I ripped it up, and used it as a pattern."

"Yes," I commented, "and I don't suppose it ever occurred to you that the georgette had stretched out of shape, during the two years you've worn it. Knowing your mania for speed, I don't suppose you even bothered to press out the different pieces, so that the warp and the weft ran straight."

"Of course not," said my Neighbor. "I wanted to get the dress done by Sunday, so I cut it out speedily, and sewed it up without basting. It looked so simple."

"Do you mean," I asked incredulously, "that you have three times stitched those sleeves in by machine, and twice ripped them out?"

"Just that," answered my friend sadly, "and unless you can suggest something different, it looks as if I'd be ripping them out again."

"Might as well begin," I said. "It's a beautiful piece of voile, and will make you a lovely dress. Since the georgette dress fit you so well, and was so becoming, I don't blame you for wanting another just like it. But as I reminded you, voile pulls, and ravels. It is not a very good fabric for a beginner to start on. Why don't you learn dressmaking on a simple house frock?"

"Next time I will," said my friend mournfully.

"And then," I continued, "when you cut up your old georgette dress, you should have pressed the pieces, carefully, and then you should have compared them with a tested pattern, before you cut into the new goods. And as for the sleeves, it's easy to tell which armhole a sleeve fits in. Just fold the sleeve, lengthwise, through the highest point of the shoulder, and remember that the high curve should always be on the back of the armhole. You must always be sure, too, that the highest point of the sleeve is placed at the highest point of the shoulder. You should have basted your dress together before you tried it on. And you should have cut off the selvage edges, to keep the material from pulling when it's washed. You should have stitched a piece of paper with the seams, to prevent these puckers."

"Five times," counted my Neighbor. "That's five times you've said what I should have done. I want to know what to do now, after I rip out these sleeves."

"Sew them in again," I suggested, but my friend was too down-hearted to see any humor in the situation. You know how you feel after you've worked and worked with a dress, and it just will not come out right.

"Aunt Sammy," said my Neighbor finally, "if you will take this dress, and finish it for me, I'll do your cooking this noon and tonight, and I'll be your friend for aye. Is it a bargain?"

"It's a bargain," said I, knowing that if I didn't finish the dress, it probably wouldn't be finished.

While my Neighbor cooked, I ripped up her voile dress. The sleeves were so worn out around the top, from being sewed and re-sewed and stitched with a blunt machine needle, that I had to cut another pair. Fortunately, my friend had bought more material than was necessary, as most inexperienced

dressmakers do. I told her that if she had known just how much material she needed, before she bought it, she might have saved herself some money. My advice was wasted, for my friend was in the kitchen, beating eggs, and singing a silly tune:

"Yes, we have no ba-na-nas,
We have no ba-na-nas today.
We've rhu-barb, and fresh peas,
And nut bread, and but-ter,
And plen-tee of eggs, but say--

"Aunt Sammy! Does it make any difference?" she called.

"Does what make any difference?" I asked

"The fact that we have no bananas today," said my friend, blithely. "I adore these classical tunes, Aunt Sammy."

When the 12 o'clock whistle blew I took my sewing paraphernalia from the dining table, and by 12:15 we had lunch on the table. My Neighbor is an excellent cook, even if she can't make dresses, and every member of my family complimented the meal. If you'll get your pencils, I'll tell you what we had to eat, and how it was cooked. The menu included: Eggs Benedict, which is eggs on toast; Peas; Nut Bread; and Stewed Rhubarb.

For the Eggs Benedict you will need four materials:

Eggs
Toast
Thin sliced ham or bacon and
Hollandaise sauce

Four ingredients for Eggs Benedict: (Repeat)

Toast slices of bread, or split and toast English muffins. Place, on each piece of toast, a thin slice of cooked ham, or crisp cooked bacon. On top of this, place a poached egg. Cover with hot Hollandaise sauce, and serve at once. The ham or bacon may of course be omitted, and a few drops of Worcestershire sauce sprinkled on each piece of toast, to give flavor.

I wonder if you'd like to have a good standard recipe for Hollandaise sauce. It's very good on poached eggs, or on simmered fish, and on such vegetables as asparagus and cauliflower. Even a homely vegetable is all dressed up, with a piquant sauce, like Hollandaise.

For Hollandaise sauce, five ingredients are necessary:

1/2 cup butter
2 egg yolks
1/4 teaspoon salt
1 tablespoon lemon juice
A little cayenne

I'll repeat the ingredients: (Repeat)

Now I'll read the directions, very slowly: Divide the butter into three portions. Put one piece of butter with the egg yolks and lemon juice, in the upper part of the double boiler. Stir constantly, until the mixture begins - (just begins) to thicken. Remove from the stove, add the second piece of butter, and stir rapidly, as the egg continues to thicken. Then add the last piece of butter, and continue to stir, until the mixture is completely blended. Add the salt and cayenne. Serve the sauce at once.

In case a thinner sauce is desired, add a little hot water. If the sauce separates, add one or two tablespoons of water, milk, or cream, place the sauce over hot water for a few seconds, and beat it well. It will become entirely smooth again.

One more recipe now, for nut bread. Eight ingredients, this time:

1 cup milk
2-1/4 cups sifted soft wheat flour
3 tablespoons melted butter
1 egg
3 teaspoons baking powder
2 tablespoons sugar
1/2 teaspoon salt
1/2 cup chopped pecan nut meats.

Eight ingredients, again, please. (Repeat)

Beat the egg, add the milk and sugar. Cover the nuts with two tablespoons of the flour, and sift the remainder with the baking powder and the salt. Pour the liquid mixture into the dry ingredients, add the nuts and the melted butter. Bake in a greased bread pan, at a temperature of 375°, for one hour. Allow the bread to cool before cutting.

That concludes the recipes for today. This menu would be just as appropriate for supper as for lunch. I'm going to addit to the spring supplement of the radio cookbook, along with the three recipes. I forgot to repeat the menu: Eggs Benedict; Peas; fresh or canned; Nut Bread; and Stewed Rhubarb.

For tomorrow, an Easter dinner, with a special Easter dessert.

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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE ~~Fri., Apr. 15.~~

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Reserve

NOT FOR PUBLICATION

ANNOUNCEMENT: Garnishing of food, table decoration and an Easter menu today. The big feature of the program is an upside-down Pineapple Cake, from the U. S. Bureau of Home Economics.

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Questions and answers, to be followed by an Easter menu, and one delicious Easter recipe.

First question: "Won't you please tell us how to decorate foods, and how to use garnishes effectively?"

Indeed I will. As a matter of fact, I've spent so much time lately on the preparation of food, that I've neglected to mention the serving of it. Simple food, well cooked and daintly served, is much more appetizing than rich food, carelessly served. Even persons with finicky appetites can usually be cajoled into eating foods which are attractive.

I will give you a list of the principal points to remember in garnishing a dish. This list was prepared by the department of food economics and nutrition, in one of the state colleges.

Rule Number One: "Do not use a garnish to cover up a poorly prepared dish."

Rule Number Two: "Choose a simple garnish, that is easy to make. It should not suggest excess labor or handling. Avoid imitations of animals, and unpleasant or freakish designs. They are not in good taste." I might add to this rule, that most of us are too busy to spend much time and labor decorating the food, after we've cooked it.

Rule Three: "Whenever possible, choose a garnish which can be eaten." The green things that may be used are parsley, watercress, celery leaves, lettuce, and so forth. These are all edible, and may be chopped fine, and sprinkled over the surface of a salad, meat loaf, or bowl of soup.

Rule Four: "Do not over-garnish a food." This rule is so important that I shall repeat it: "Do not over-garnish a food." Suitable garnishes are slices of lemon with fish, slices of egg with a salad, and cooked vegetables, such as carrots or beets, cut in fancy shapes. However, they should be used in small amounts, and not as a cover for the entire dish. Some housewives object to using slices of lemon as a decoration or garnish for fish, because the lemon becomes greasy, and difficult to handle. If

the slices or pieces of lemon are served on a separate dish, all the juice may be extracted easily, and used on the fish.

Rule Five: "Do not place the garnish so that it interferes with the serving of the food. In placing, take care that all stems are hidden. The effect should be tidy." Particularly in garnishing meat should this rule be observed. Even the most polite host is likely to become impatient, if he tries to carve a piece of meat which his wife has covered with parsley.

Rule Six: "Do not use a garnish unless it is fresh and appetizing in appearance. Wilted parsley is worse than no parsley, unless it can be chopped." And be careful about garnishing hot foods with such green things as lettuce, which wilts rapidly.

Rule Seven: "Avoid unnatural colors. People are always hesitant about queer-colored foods." The colors that are natural to foods are always a good choice, and there are plenty of bright ones-- tomatoes, radishes, carrots, beets, pimiento, egg yolk, and a score of others.

Now that I've concluded my talk about garnishing, I must say a word about table decoration. Almost every day this winter I have had a plant or a flower or at least a few green leaves on the dining table. The other day, being in a hurry, I neglected to have a centerpiece. We sat down to the table, and Billy looked at me inquiringly. I hadn't forgotten the napkins, the sugar bowl was full, and the salt and pepper shakers were in their places.

"What's the matter, Billy?" I asked. "Don't you like your lunch?"

"Yes, Aunt Sammy," said Billy, "but I feel in my heart that we ought to have something pretty on the table."

It had never occurred to me that Billy noticed anything on the table but the food. However, discovering that he yearned "in his heart" for something pretty, I hastily made a charming arrangement of parsley in a small yellow milk pitcher. At least Billy thought it was charming.

Let me read you something written by Rhoda Dick, of Ohio University. Here's what she says about decoration:

"Plants help to create a cheerful atmosphere for the dining room. Most people believe that it is necessary to have a hot-house plant, or some cut flowers. However, beautiful forms can nearly always be found among the uncultivated plants that are commonly called weeds. The beauty may be found in the blossoms, the leaves, the fruit, or the seed pods. In gathering the flowers, it is well to pluck not only the isolated blossom or bur that is sought, but to have with it some of the leaves or blades of grass among which it is growing. Sometimes a dandelion plant may be found that is as pretty as a yellow aster. Certainly nothing is more beautiful than the thistle blossom, and there is much to admire in the mustard and the catnip...

"The arrangement of any flowers should be similar to the way in which they grow. Slender, graceful stems of cosmos should not be squeezed together in one mass. Low or creeping flowers should be placed in shallow bowls. Climbing flowers or vines should be allowed to drop naturally from where they are placed. A few flowers together are more beautiful than a great quantity. Just one rose in a long stemmed holder is very effective.

"Proper arrangement calls for bowls of different shapes, and it is fortunate that those which are best adapted for flowers, are often the least expensive and easiest to procure. Sometimes noting is better than a glass, a saucer or a piece of crockery from the kitchen. For 10 cents one may buy a glass bowl or a piece of dull colored pottery that is often far better than a more expensive or elaborate one. Holders, into which the stems of flowers may be inserted, may be set in any bowl of water.

"A plant or flower decoration should be low, so as not to obstruct the view across the table, and it should not have blossoms with too strong an odor. On special occasions, there may be a group of flowers in the center and one or two at each plate, but the constant danger of having too much must be guarded against...

"The beauty in the simple things in the garden, meadow and woods should be appreciated more and more, and when such a feeling is cultivated, the foolish work of decorating with gay colored streamers of crepe paper seems absurd indeed."

That's all of the quotation.

I really did intend, when I started this talk, to answer a few more questions, but it would be so easy now to slip over to the subject of Easter dinner, and the recipe. Everybody willing? The ayes have it.

This is the menu: Grapefruit on the half shell; roast chicken or roast lamb; new potatoes with parsley butter, or mashed potatoes browned in the oven; spring greens, or fresh sliced tomatoes; jelly; and-- most important of all-- an upside-down pineapple cake.

Now, please consider the menu and see if you don't think a yellow and white color scheme would be very appropriate. If you serve Easter dinner at night, why not have a centerpiece of yellow flowers, daffodils if you can get them; and four yellow candles in glass candlesticks. That's really enough decoration for any table, but if you want to please the children, you might have, at each place, yellow daffodils in tiny, low glasses. You can buy the glasses at the ten-cent store, and fill them with damp sand, which will support the yellow posies. This will make your table look like a bed of daffodils, in the garden.

Now please take the recipe for the Upside-down Pineapple Cake. Do you remember the famous Upside-Down Apple Cake? Well, this pineapple cake belongs to the same upside-down family, and it is just as delicious as the apple cake.

H.C. 4/15/27

First, I'll tell you how to make the pineapple mixture; then I'll tell you how to make the cake batter.

Four ingredients, for the pineapple mixture:

1/2 cup sugar
2 tablespoons butter
2 tablespoons pineapple juice
3 slices pineapple.

Four ingredients, count them: (Repeat)

Stir the sugar, until it is melted, in a smooth frying pan. Then allow it to brown slowly. Add the butter, and the pineapple juice, and cook until a fairly thick sirup is formed. Place the sections of pineapple in the sirup, and cook for one or two minutes, or until they are light brown, turning them occasionally. Have ready a well-greased, heavy, baking pan or glass baking dish, place the pineapple on the bottom, and pour the sirup over it. Allow this to cool so it will form a semi-solid surface, then pour in the following cake batter.

Now the cake batter. Eight ingredients for this, as follows:

1/4 cup butter
1/2 cup sugar
1 egg
1/2 cup milk
1-1/2 cup sifted soft wheat flour
2 teaspoons baking powder
1/8 teaspoon salt
1 teaspoon vanilla

Eight ingredients, check them please: (Repeat)

Cream the butter, add the sugar, add the well-beaten egg, and vanilla. Sift the dry ingredients together twice and add alternately with the milk to the butter, sugar, and egg mixture. Pour this over the pineapple. The batter is rather thick, and may need to be smoothed on top with a knife. Bake slowly in a very moderate oven (300° to 325° F.) for three quarters of an hour. Loosen the sides of the cake, turn it out carefully, upside down. If the fruit sticks to the pan, lift it out, and place it on the cake in the place where it should be. Serve with or without whipped cream or hard sauce.

Doesn't that sound delicious? Please let me know whether you like it.

The Easter menu, again: Grapefruit; roast chicken or roast lamb; new potatoes with parsley butter, or mashed potatoes browned in the oven; spring greens or sliced tomatoes; jelly; and upside-down pineapple cake.

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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Mon., Apr. 18.

1.9
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Reserve

NOT FOR PUBLICATION

ANNOUNCEMENT: Suggestions for spring breakfasts, hints on baking, and a recipe from the U. S. Bureau of Home Economics. The menus and the recipe will be included in the Radio Cookbook. The radio cookbooks are free, and copies will be sent to all homekeepers who listen regularly to Station _____.

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One day last week I called on the Menu Specialist in the Bureau of Home Economics. After I had read her 10 or 15 of the most interesting letters I had received that day, and after we had discussed plans for Better Homes Week, and Child Health Week, both of which we are going to observe soon, the talk naturally turned to food.

"What we need," said I, "is new suggestions for breakfast. We've discussed dinners, and lunches, and suppers, all winter, but we have said very little about the first meal of the day. Something should be done about breakfasts."

"Presumably so," agreed the Menu Specialist, "although it's quite possible that your listeners have been serving breakfast, as usual, even though you have neglected to mention the subject."

I looked at her suspiciously. She seemed perfectly serious, but I wasn't sure.

"Breakfast is not a meal to make light of," I said severely. "If you only knew how many days are ruined, all because of a poorly cooked breakfast! If you only knew how many homes are made unhappy, because the cereal is unsalted, the coffee cold, and the eggs greasy! If you only knew--"

"Stop!" said the Menu Specialist. "Or I shall be weeping, and I never allow myself to weep during business hours. What do you want me to do?"

"Just this," said I. "Suggest seven appetizing, 'different' spring breakfasts. In each breakfast I want a fruit, a main dish, bread, and a beverage. I don't suppose it's possible to plan seven breakfasts and have each one of them different, but still and all, it would be a wonderful achievement. And there must be fruit in each one, because fruit is an ideal breakfast food. People eat fruit for breakfast because it stimulates the appetite, and because it supplies minerals and vitamins, which are necessary in a well-balanced diet."

"Yes," observed the Menu Specialist, "and there are some people who eat fruit for breakfast simply because they like it."

"Look here," I said, very seriously, "if you only knew-- "

"Please!" said the Menu Specialist, reaching for her handkerchief. "Go down the hall and visit the Recipe Lady, while I plan seven breakfasts for you-- seven breakfasts, all different-- seven breakfasts which will dispel the gloom of seven gloomy mornings, and send scores of happy husbands trudging off to work, believing that all's right with the world."

In 30 minutes, the seven breakfast menus were ready. The Menu Specialist may have been joking when she talked to me, but I assure you she was very serious indeed when she planned the breakfasts. Here they are, and I want you to see how much variety can be put into seven breakfasts, by using different fruits, different main dishes, and different kinds of bread. I wonder if you've heard of the housewife who said the only way she could avoid getting into a rut at breakfast time was by serving "eggs and bacon" one day, and "bacon and eggs" the next day. She lacked imagination.

Pencils ready now, for the seven breakfast menus:

First: Stewed Rhubarb; Omelet; Toast; and a beverage. Whenever I say beverage, I mean milk for the children, of course. The grown-ups may want tea, or cocoa, or coffee.

Breakfast Number II. Prunes and apricots stewed together; fried fish roe; toasted graham bread; and a beverage.

Breakfast Number III. Orange juice; creamed eggs and dried beef; corn-bread and a beverage.

Breakfast Number IV. Sliced bananas and cream; bacon; coffee cake; and a beverage. The recipe for coffee cake is in the Radio Cookbook.

Breakfast Number V. Strawberries and cream; hot cakes and new maple sirup; beverage.

Breakfast Number VI. Baked apple; poached eggs on toast; beverage.

And Number VII. Grapefruit; potato and fish cakes; hot biscuits; and a beverage. Do you know how to prepare potato and fish cakes? Simply combine mashed potatoes with canned salmon or tuna fish, pat into flat cakes, and brown delicately in the skillet.

That's seven breakfasts, enough for a week, but I must give you one more, so I can broadcast a recipe for pop-overs.

Breakfast Number VIII includes strawberries; cooked cereal and top milk; pop-overs; and a beverage.

numbers; cooked cereal and hot milk;

Pop-overs are very nice for breakfast, especially for Sunday, when there's plenty of time for them to bake. It doesn't take long to mix pop-overs, if you use the "batter-method" of mixing the ingredients. The batter-method is recommended for pop-overs, griddle cakes, muffins, and so forth. Mix and sift the dry ingredients, beat the eggs slightly, and add them to the other liquid ingredients, which are then stirred gradually into the dry. Do not mix the melted fat with the liquids, but add it last to the batter.

Take your pencils and paper now, if you want my recipe, which makes 8 to 12 pop-overs: Five ingredients, as follows:

1 cup milk
1 cup sifted soft-wheat flour
1 to 2 tablespoons fat
1 to 1-1/2 eggs
1/3 teaspoons salt

Five ingredients-- I shall repeat them: (Repeat)

Stir the liquid slowly into the dry ingredients, to avoid forming lumps. Be sure your muffin pans are hot, and well-greased. Fill them not more than half full of batter, and place at once in a hot oven. Iron or granite muffin pans hold the heat best. The oven should be about 425 degrees Fahrenheit. After about 20 minutes, lower the temperature to about 350 degrees Fahrenheit, so that the inside of the pop-over will dry out a little without making the crust too hard and brown. Pop-overs require baking about 45 minutes.

One time I gave this recipe to a friend who wanted to be a pop-over expert. She read the recipe, and then asked me why I had omitted the baking powder! I had to explain, as gently as I could so as not to hurt her feelings, that pop-overs were never meant to have baking powder in them. I told her that pop-overs are leavened, or made light, by the steam which is formed from the large proportion of water they contain. In order to have this water changed to steam, before the mixture cooks so much over the top as to prevent rising, the pop-overs are placed in a very hot oven, just as I told you, and then the temperature is decreased. After the pop-overs have "popped", they must be allowed to cook through. All breads which are leavened by means of steam have a cavity in the middle, just like pop-overs.

I didn't really blame my friend for not knowing more than she did about baking. Sometimes it's the simplest points about cooking that puzzle us the most.

Once when I was a freshman in cooking school I mystified my instructor and all my classmates by proving, to my own satisfaction, that cornstarch would not thicken a pudding.

"I know very well," said my teacher, "that if you put enough cornstarch in your pudding, it's bound to get thick."

"But it didn't," I asserted triumphantly, "and I have put in twice as much cornstarch as the recipe calls for."

The investigation which followed proved beyond a doubt that I had been using powdered sugar instead of cornstarch, and the grade I received on my chocolate pudding was very, very low.

Before you leave, I want to read you a short clipping sent to me by a friend in London, who is making a study of food. This article is entitled "Hints for the Breakfast Table," and fits in very well with our breakfast talk:

"Buttercup yellow, or bright orange, is the right colour for the breakfast table when nerves are on edge, and the senses crave for sunshine. Breakfast is the meal that really needs the most care in preparation--though it seldom gets it--and lukewarm tea, bacon as brittle as glass, and flabby toast are too many people's portion. By lunch time most of us are feeling brisk and businesslike, and at dinner the lamps are lit, and a pleasant evening looms ahead; but breakfast has none of these artificial aids, and must succeed or fail, on its own merits. While the day is still untried, all one's work and worries still to come, the mind is peculiarly open to impressions. More people than admit it feel a sense of dread, or nervous apprehension, in the morning, which breakfast can do much to soothe or aggravate. Bright yellow is not only cheerful in itself, but has a mysterious reassuring quality, very grateful to the nervous temperament.

"A white breakfast cloth is cold and cheerlessin the early morning, but a checked white and yellow is gay, or a plain orange linen. A jar of marigolds adds a further touch of brightness to the table, and the breakfast china should harmonize.

"Many breakfast dishes fit in naturally and obligingly with the colour scheme, such as omelettes and scrambled eggs, dried haddock, honey, butter, marmalade, and the golden crust of bread. But we would not banish the succulent sausage or the sizzling kidney, because they have deepened the yellow into brown."

That concludes our breakfast talk. Speaking of "the sizzling kidney" reminds me that someone asked for a kidney stew. I must plan a meal soon, including a kidney stew.

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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

Housekeepers' Chat — Tues. Apr.,19

PROGRAM _____ RELEASE _____

NOT FOR PUBLICATION

ANNOUNCEMENT: Answers to puzzling cooking problems and two recipes today. The recipes will be in the last supplement to the Radio cookbook. The Radio Cookbooks are free, and copies will be sent to all regular listeners of Radio Station _____.

Reserve

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Questions and answers today. A good many of the recent questions have been about baking. Let me remind you, again, that one of the specialists in the Bureau of Home Economics has written a bulletin on Home Baking. The bulletin is free. It contains practical information about baking, and a number of tested recipes.

The first question is from Pennsylvania: "Seems as though I never have luck in cake baking. My cakes fall, sometimes while in the oven, and sometimes after they are taken from the oven. Can you tell me the cause of this?

Your bad luck in cake making may be due to the use of wrong proportions, or to the wrong oven temperature. I have sent you a copy of the baking bulletin. This bulletin gives standard proportions, for three cakes, of varying richness, and directions for baking them. Perhaps you have been using an unreliable recipe which calls for too much sugar, or too much fat. Very often cake proportions which will give good results when baked in thin layers, will not work if baked in one large sheet, or in a deep loaf.

Second question: "What makes my scalloped corn fall?"

The trouble you have with scalloped corn is due, vary likely to insufficient baking. It may be that you have your oven too hot, and leave the scalloped corn in for too short a time. I am assuming that the dish you make contains a good deal of egg, since you say it often falls when taken from the oven. Egg dishes must be cooked slowly, at a low temperature. If you cannot control the heat of your oven, you will have better luck with your souffles and puddings, if you bake them in a pan of water.

The third question is from Illinois. "Dear Aunt Sammy," writes this listener, "I truly enjoy all the recipes I have tried from your Radio Cookbook; haven't had a failure with one. My question is this: I have a can of corned beef, but there are no directions on the can, and I do not know how to fix the beef. Will you tell me?"

Of course I will, after such a nice letter as that. Canned corned beef may be sliced and served cold; the slices may be fried; or it may be used in making corned beef hash. Know how to make corned beef hash? For corned beef hash, use one cup of chopped corned beef, to one cup of chopped boiled potato, 1/8 of a teaspoon of salt, one tablespoon of fat, and a tablespoon of minced onion. Boiled cabbage is usually served with corned beef. The traditional New England Boiled dinner is made up of corned beef, potatoes, cabbage, turnips, beets, and carrots. If the vegetables are cooked with the meat, they must be added at the proper time so that they will be done, but not overdone, when the mixture is ready to serve.

Fourth question: "I have heard that a little glycerin helps to make a boiled frosting creamy. Is this true?"

It is true. Icing may be kept creamy by adding one-half to one teaspoon of pure glycerin, just when the creaming begins. Clycerin tends to hold moisture in the icing, and decreases the possibility of rapid crystallization and forming of grains.

Fifth question: "Why do you emphasize vegetables and fruits in the diet of children?"

Because vegetables and fruits are rich in minerals and vitamins. Children need these minerals and vitamins for building strong, healthy bodies. Children should have two servings of fruit, and one (or preferably two) servings of vegetables every day in addition to potato.

Though practically all kinds of fruit and vegetables are good for children the child specialists recommend that oranges, grapefruit, tomatoes, and green-leaf vegetables be given most frequently.

Next question: "Are tomatoes rich in vitamins?"

Yes, tomatoes-- fresh, raw, or canned-- are a good source of vitamins A, B, and C. This is the reason that child specialists often recommend that young children and sometimes babies be given tomato juice. It is a good plan also for the homemaker to include tomatoes in one form or another often in the family menu. They may be eaten raw, stewed, baked, fried, broiled, or scalloped. Tomato sauces are good on meat, fish, boiled rice, and other dishes. Almost every kind of a meat soup or stew or gravy is improved by the addition of a little tomato juice.

Next question: "Why should children be given sweets only at the <u>end</u> of the meal?" inquires a Nebraska listener.

Sugar is a very concentrated food which the body uses for fuel only. Because it is so concentrated, and so quickly utilized by the body, sugar dulls the appetite. If a child is allowed to eat candy before he sits down to dinner, he has no appetite for the other foods he needs to build his body and keep it in good running order. After he has eaten the required amount

of other food, a child may have a piece of candy, a few dates or figs, a plain cooky or a piece of cake for dessert.

Here's another question that should have been answered while I was on the subject of baking:

"What makes my white sauce curdle on scalloped potatoes?"

Probably because you heat your oven too hot, and over-cook the milk. If milk is over-cooked, the protein will toughen. A slower, longer baking of your scalloped potatoes should give better results.

One more question: "How can I remove coffee stains from a luncheon cloth?"

Fresh coffee stains and most old ones on washable materials can be removed by ordinary laundering. If the stain is very heavy, or very old, a slight trace sometimes remains after washing. Drying in the sun will frequently remove all signs of the coffee stain. Pouring boiling water on the stain from a height of two or three feet is also effective upon some freshly-stained fabrics.

The U. S. Department of Agriculture haspublished a bulletin on "Stain Removel", which I believe you would find very helpful. Most stains can be removed easily at home, if you know a reliable method.

The next request is for a recipe for butterscotch sauce which may be served on ice cream, custards, or puddings. If you like a butterscotch flavor, I think you will want to try this sauce, on desserts. Seven ingredients are necessary, for Butterscotch sauce:

1 cup boiling water
1 cup brown sugar
2 tablespoons flour
speck of cinnamon
2 tablespoons butter
1/4 teaspoon salt
1/2 teaspoon vanilla.

Seven ingredients (Repeat)

To the boiling water add the brown sugar, flour, salt, and cinnamon, which have been thoroughly mixed together. Cook until the flour has lost its raw taste and the mixture thickens, stirring continually to prevent lumping and sticking. Beat in the butter and the vanilla.

This may be served as a <u>hot sauce</u> on ice cream, custards, or puddings.

The last request is for a rhubarb conserve, made with nuts. While the

rhubarb season is on, it might be well to fill some of the empty jelly glasses with the conserve.

My recipe will fill about eight jelly glasses, and requires six ingredients, as follows:

4 cups rhubarb cut fine
4 cups sugar
2 oranges, juice and grated rind
2 lemons, juice and grated rind
1 cup blanched almonds cut in small pieces
1/4 teaspoon salt

Seven ingredients. Count them please. (Repeat)

Combine all the ingredients except the nuts. Heat the mixture slowly until the sugar is dissolved, then boil repidly until it is clear. The time of cooking depends on the tenderness of the rhubarb, but do not cook the conserve too long and so lose the attractive pink color and fresh flavor of the rhubarb. Add the nuts, stir well, and let the mixture cool before pouring into clean jelly glasses. If it is put in hot, the nuts will rise to the top. This amount will fill about eight jelly glasses, a little over three pounds of conserve. If desired, the nuts may be omitted.

I'm giving you these two recipes today instead of a menu. Tomorrow, I may broadcast a dinner menu.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM RELEASE

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Housekeepers' Chat Wed. April 20.

(NOT FOR PUBLICATION)

Reserve

ANNOUNCEMENT: Aunt Sammy's Chat deals with that ancient pest, the clothes moth, which is anathema to all neat housekeepers. The information is from the U. S. Bureau of Entomology, and has been approved by the specialists in that Bureau.

---ooOoo---

I have prepared a light essay on "The Clothes Moth" for today. That makes me almost a real author. If you have ever entertained a real live author, say in your women's club meetings, you know that the first thing you are expected to ask him is how he happened to write "it"--whether "it" be a story, or a book, or a poem. And although he may demur at first, and appear to be rather shy, he will tell you if you plead long enough.

After I read my essay, called "The Clothes Moth," and the applause has died down, I'm sure some one will want to know how I happened to write it.

So I shall tell you. The other day I opened one of the two "moth-proof" tar-paper bags that hang in my closet. The first garment I took out was a wool bathing suit, and it was simply riddled with holes. That's strange, I thought, the man who sold me these bags said they would "protect all clothing from the ravages of moths." I investigated further. A plaid wool skirt, and a green sweater, had furnished a number of meals for the Moth family.

By this time I was almost panic-stricken. You can imagine what it means--to find a good share of your summer wardrobe ruined by moths. I quickly opened the second paper bag. Everything in it was as neat and as whole as when stored.

How very, very strange, I thought, Paper bags just alike, both securely fastened, and yet one of them did not protect my clothing "from the ravages of moths." Something, somewhere, is decidedly wrong, and if anyone can give me good advice, it's a specialist in the U. S. Bureau of Entomology, who makes a study of insect pests, including moths.

I put this question to the Bureau of Entomology: "Are moth-proof bags really moth-proof?"

And this is the Bureau's answer: "If the bags are not torn, and are properly used, they will keep moths from reaching clothing. But they are no good in killing moths already in clothing, when it is stored in the bags. Clothes moths never eat into paper. That's why ordinary wrapping paper, or several thicknesses of newspaper, are just as good protection as paper treated with tar. If clothes are free from moths before being wrapped in paper, or stored in paper bags, and if there are no holes through which the moths can enter, the clothes will be safe."

This answer satisfied me, although it proved that I had been careless about storing the clothes in the first paper bag. If my bathing suit had been free from moths when it was put into the bag-- But there's no use crying over spilt milk.

I made a mental vow that never again would I store my clothes without being certain they were free from moths. With the prices of good bathing suits what they are, and my clothing budget what it is, I don't see how I can take my daily plunge in the swimming pool this summer. It was a nice bathing suit, too-- blue and tan checked, in a crossword puzzle design. You don't suppose that the crossword puzzle design intrigued the moths, and-- But surely not.

Before I wrote my talk on "Clothes Moths," I did some research work. I learned that housewives have been fighting moths from the earliest times. We are told that the ancient Hebrews were annoyed by these pests. In fact, I suspect that moths have been eating clothes as long as people have been wearing woolen garments, and that must be thousands of years. The women of ancient Greece, and the women of ancient Rome, had to fight the clothes moth. Having no federal Bureau of Entomology to help them out, the moth problem was a real one to the ancients, and they devised many queer remedies for getting rid of moths. During the Middle Ages, it was broadcast-- I mean it was advocated-- that clothes "wrapped in the skin of a lion, have nothing to fear." I haven't had time to test this remedy, but if any one of my listeners cares to try it, I shall be glad to hear of the results.

Clothes moths prefer darkness or semi-darkness, although they often damage such articles as upholstered furniture, in brightly lighted rooms. The moths crawl in cracks leading into boxes, or folds in goods. Few cracks are small enough to keep them out. Therefore, it is important to store articles so that the moths can be excluded.

Clothes moths are in greatest abundance, all over the country, from April to October, although in steam-heated houses they may be on the wing at any time. The time to begin taking precautions against damage from moths is before they appear in large numbers. It isn't the moths, or the "moth millers" which eat our clothing. The moths lay their eggs where the larvae, or worms, when hatched, will find "good hunting," as Kipling might say. Wool material, flannels, furs, piano felts, hair of pets lodged in cracks, and so forth, are the best kinds of food for moth larvae.

About the middle of April, in many parts of the country, heavy winter garments are stored away. Of course every neat and thrifty housekeeper stores her clothing in perfect condition, clean and mended, so that it will be ready for wear the next cold season. But there's another reason for having clothes clean before they are stored--moths are not half so likely to damage CLEAN as SOILED clothing.

If possible, have your winter things dry-cleaned. If you cannot have them dry-cleaned, give them a thorough treatment yourself. Sponge off all spots, and brush and beat the garments thoroughly, to dislodge any eggs or larvae that may be on them. Hang the garments in the sunshine. The larvae of moths cannot withstand strong heat.

When the clothes are clean, and free from moths, they are ready to store.

The ideal way to protect woolens, furs, rugs, and so forth is to put them in cold storage, but this is not always possible. Cedar chests are good for storage. Cedar chests are valuable for two reasons: they are usually tightly constructed; and the fumes given off by red cedar heartwood kill the young moth larvae, or worms. However, not even cedar chests can be depended upon to kill the moths, thei their eggs, or the worms, after they are one-half to full grown, or after they are 3 to 4 months old. According to the Bureau specialists, if the fabrics put in the chests have first been thoroughly cleaned, brushed, and beaten, with special attention to brushing out pockets, seams, and other possible hiding places for worms or eggs already on the garments, and if the chest is so tight that no moths or larvae can reach the garments later, the clothing will probably be quite safe.

Brushing or beating furs will not always get rid of the worms, if they have once gotten into the long hairs and established themselves by spinning their webs. If you think your furs are already infested, they should be combed out with a very fine comb, or should be fumigated. If furs are promptly stored as soon as the fur-wearing season is over, there is little danger of their containing these older larvae.

Any tight box or chest is satisfactory for storing clothes that have been given the necessary preliminary treatment-- cleaning, brushing, beating, and sunning. Ordinary firm wrapping paper will do, or several thicknesses of newspaper, provided the folds of the paper at the ends of the bundles are bent securely back so that the moths cannot enter to lay their eggs. However, after the clothes are clean, and after they are stored in the tightest container you can find, it's well to take one more precaution. There are substances on the market that give off fumes, which, tightly confined, will kill all stages of the moth-- old moth, young moth, caterpillar, and eggs. I shall give you the names of two of these moth destroyers, and you may take your choice. The first is naphthalene flakes-- n-a-p-h-t-h-a-l-e-n-e -- naphthalene flakes; the second is para-di-chloro-ben-zene crystals. That's such a long word, I'd better spell it: p-a-r-a-d-i-c-h-l-o-r-o-b-e-n-z-e-n-e. It is not enough to scatter these substances on shelves, or in bureau drawers. They must be packed in tight boxes, or bundles, with the garments they are to protect.

Now let me give you a list of remedies which are absolutely no good when it comes to killing moths. I suppose that all of us have used at least one of these household remedies, in times past, not knowing they are utterly worthless. Here's the list: tobacco powder, lavender flowers, cayenne pepper, allspice, black pepper, air-slaked lime, powdered sulphur, salt, borax, and leaves of red cedar, dried and placed in clothing.

There are, however, three good remedies which may be applied at home, to kill moth larvae and eggs: first, dry heat; second, hot water; and third, a strong solution of laundry soap. Clothing washed with a strong solution of neutral laundry soap will be freed from clothes-moth larvae and eggs, and if wrapped tightly in paper, as soon as taken from the clothes line, will remain free from moths.

Hats, and other articles which cannot be wrapped tightly, in paper, can be stored in ordinary unbroken cardboard boxes, or hat boxes. Seal the covers with gummed paper.

R-H. C. 4/20/27.

If you want more advice on storing clothes, and protecting them from moths, I'll be glad to send you a copy of a free bulletin called "Clothes Moths and Their Control."

For tomorrow, I promise you a dinner menu, and at least one new recipe.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Thurs. April 21

1.9 3 Thu

9 AM

Reserve

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Hints on making rhubarb jelly, and a dinner menu today. Menu and recipes from the U. S. Bureau of Home Economics.

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The postman has brought me a good many interesting letters lately-- interesting as to content, and interesting as to color. The first envelope I opened yesterday morning was a dainty hand-painted one, in a mottled effect lavender, pink, and orchid. The only adjective which does it justice is "delicious." Must be from a high school girl, I thought, but no-- Inside the fetching cover was a business-like letterhead, bearing in dignified print the name of J. Cecil Blank, Attorney-at-Law. Of course "Blank" is not his real name, but it will do. I suspect Mr. Blank thought I'd be more likely to open a colorful envelope, than a plain one. He should know by this time that I open them all.

Here is his letter, exactly as it was written:

"Dear Aunt Sammy: My wife and I are calling on you to settle a little matter for us, out of court. My wife, who ordinarily has a most charming disposition, told me this morning, after I had burned the cereal slightly, that she had never known a man who could even boil water, and do it correctly. My retort was that very few women know the secret of boiling water. 'There is no secret,' 'one simply boils the water.' Now Aunt Sammy, please do not consider this a joke, for it is not intended as such. Is there, or is there not, a correct way to boil water?"

I pondered on this letter for some time. Not that I didn't have the answer to the question, but you know what trouble you're apt to get into, taking sides in family discussions. Finally I asked Uncle Ebenezer's advice. Uncle Ebenezer stopped playing checkers long enough to state that the man was right, that there was a correct way to boil water, and that truth would win out in the end. "In short," said Uncle Ebenezer, as he captured his opponent's last king, "it's your duty, Aunt Sammy, to answer that man's letter on the air, even if it does embarrass his wife."

So I'm answering the letter. There is a correct way to boil water, although most of us think that boiling water is a simple process. "The secret," according to the late Charles Delmonico, "is to put good fresh water into a teakettle, already quite warm, and set the water to boil quickly, and then take it right off for use in tea, coffee, or other drinks, before it is spoiled. To let it steam, and simmer, and evaporate until the good water is in the atmosphere, and the lime and iron and dregs only are left in the kettle, is worse than no water at all."

That's the answer, and I hope the controversy is satisfactorily settled.

Here's another question which needs an answer: "Please tell me whether one can make jelly from rhubarb."

Yes, indeed, rhubarb makes a good, tart jelly, excellent to serve with meats. Select very young tender rhubarb, of mild flavor. It will be necessary to add pectin, either home-made or commercial, to the rhubarb juice, to make a firm jelly.

If you do not have the pectin on hand, and want to make it at home, please send to me for directions. Two kinds of pectin, apple and lemon, can be used successfully with rhubarb. The lemon pectin with the rhubarb gives an unusually attractive color.

Select rhubarb stalks with as much red or pink skin as possible. Wash and trim the stalks of rhubarb, being careful not to remove the bright-colored skin. The addition of extra pink skin improves the color of the juice. Cut the rhubarb into half-inch pieces and place in a granite pan. Add 1 cup of water for each pound of rhubarb. Cook until tender, then strain through 4 thicknesses of cheese-cloth. There should be about one and one-fourth cups of juice for each pound of rhubarb. Add six tablespoons of lemon pectin extract and one and one-fourths cups of sugar for each cup of rhubarb juice, and boil. It may be necessary to cook the rhubarb jelly somewhat longer than the usual jelly test requires, because, especially in very young and tender rhubarb, there are certain gummy substances which cause the hot juice to sheet from the edge of the spoon, before the jelly has cooked long enough to be done.

The flavor of old rhubarb is apt to be strong. If you use old rhubarb for jelly, add one or two pieces of lemon or orange peel when you cook the rhubarb, to improve the flavor.

I believe I promised you a dinner menu today, including a savory kidney stew. Kidneys, and other glandular tissues, such as heart, liver, and brains, are richer in vitamins than are steaks, roasts, and other muscle meats, and they offer a pleasant change in the diet.

The dinner menu today includes: Kidney Stew; Buttered Beets; Lettuce Salad with a "peppy" dressing; Oatmeal Muffins; Stewed Rhubarb, and Sponge Cake. Just read that over to yourself, and consider how nutritious it will be, and how good it will taste.

I shall give you two recipes, one for Kidney Stew, and one for Oatmeal Muffins. Both these recipes are from the U. S. Bureau of Home Economics; so you need not be afraid to try them, even though you have never made a kidney stew nor an oatmeal muffin in your life.

Nine ingredients, for the kidney stew:

1 beef kidney
1 cup diced potato
1 tablespoon flour
1 tablespoon chopped parsley
1 tablespoon thinly sliced onion
3/4 teaspoon salt
1 tablespoon butter
1 egg yolk
Few drops tabasco

Nine ingredients, again, please: (Repeat)

Wash the kidney well, remove the skin, and mostof the fat. Cover with cold water, and heat it slowly to the boiling point, discard the water, and repeat the process until there is no strong odor and no scum on the water. Then add more water and simmer the kidney until tender. Cut the kidney in small pieces. Cook the diced potato and onion and addto the cut kidney. Thicken the liquid with the blended flour and butter, and cook for a few minutes longer. Take the stew from the stove and stir in the beaten egg yolk, the parsley, and tabasco. The heat of the stew will cook the egg sufficiently.

Recipe Number Two, for Oatmeal Muffins. Only seven ingredients for these:

1 cup wheat flour
1-1/8 cups rolled oats
4 teaspoons baking powder
1/2 teaspoon salt
1 cup milk
1 egg
1 tablespoon melted butter

Seven ingredients: (Repeat)

Grind the rolled oats through the fine knife of the meat grinder, thus making a fine meal. Combine the dry ingredients. Beat the eggs and add the milk. Mix the dry and the liquid ingredients together and stir in the melted butter. Pour the batter into greased muffin tins and bake for 20 to 25 minutes, in a fairly hot oven.

That's all for today, after we check the menu: Kidney Stew; Buttered Beets; Lettuce Salad, with a "peppy" dressing; Oatmeal Muffins; and Stewed Rhubarb with Sponge Cake.

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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Fri., Apr. 22.

1.9
9n3Hk
Reserve

NOT FOR PUBLICATION

ANNOUNCEMENT: Summer time brings its own peculiar food problems for the housekeepers. Ice bills to pay, insect pests to combat, and food spoilage to guard against. These subjects are discussed today. The menu and the recipe are from the U. S. Bureau of Home Economics. Copies of the radio cookbook, which contains menus and recipes broadcast this winter, are available for distribution, and will be sent free to all listeners of Radio Station _____.

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"Please tell me," writes a listener from Washington, D. C., "whether one can reduce the ice bill by wrapping ice in newspaper, or in a cloth."

That's a good question. Two or three women have told me that they save ice by wrapping it in heavy paper, or heavy cloth. No doubt they do, but that isn't the point-- we are trying to save food, not ice.

Let's consider the principle of ice refrigeration. Ice placed in a refrigerator melts by absorbing heat from the surrounding air. This air, becoming colder and colder, settles to the lower part of the refrigerator, while the warmer air rises, gives up heat by coming in contact with the ice, and in turn becomes chilled, and sinks to the bottom. These cold currents of air come in contact with the food, absorb heat from the food, and so cool it.

All this being true, and I'm quite sure it is true, we want the cooled air to circulate continuously and rapidly, in the refrigerator. All spaces for the passage of air from the ice chamber should be kept open. It is a mistake to wrap the ice in paper, or in cloth. Such a covering retards the circulation of air, and insulates the ice from the rest of the refrigerator.

Each article of food, placed in the refrigerator, contains a definite amount of heat, that will melt a definite amount of ice. Therefore, don't put hot foods into the refrigerator. Cool them to room temperature first.

There's another way to make ice last longer. Don't use it to cool such things as the tops of carrots, the outside leaves of lettuce, or the thick paper wrapped around parcels which come from the market, because all these things will be discarded later. Furthermore, ice is wasted when vegetables and fruits that are to be prepared almost immediately, are placed in the refrigerator, and taken out again after a few minutes.

As I said before, the main object in using a refrigerator is to save food, not ice, and real economy means having well-insulated walls, in keeping the ice chamber well-stocked, in opening the doors only when necessary, and for as brief periods as possible, and in putting nothing into the refrigerator that does not need to be kept cool. Every food put into the refrigerator should pay for the ice it melts.

The refrigerator should be kept scrupulously clean. Only clean food, clean ice, and clean containers should be put into it. Any food spilled should be wiped up immediately with a clean, damp cloth. The ice chamber, the drainpipe, and the trap must be kept free from sediment and slime. They should be washed occasionally with hot water and washing soda, and rinsed with cold water.

As every homekeeper knows, food is likely to draw such pests as rats and mice, flies, ants, and other household insects, unless supplies are kept covered or in closed containers, and all garbage is promptly disposed of. Besides these pests, we must protect our food from bacteria, yeasts, molds, and animal parasites.

As I mentioned the other day, the common housefly is one of the worst offenders when it comes to polluting food. The housefly fully deserves the epithet "typhoid-fever" fly, and it is also a known carrier of the bacteria of cholera, disentery, and tuberculosis. Even so-called "fly-specks", often deposited on food and dishes, may be infected with disease germs, and the eggs of dangerous parasites.

Since food costs so much, in money or work, or both, it should receive the best of care in the home. The Bureau of Home Economics has compiled a list of nine general rules, for checking or preventing food spoilage:

First, all foods should be kept clean; that is, protected from visible dirt, and from contamination by insects and other carriers of dangerous micro-organisms. Most kinds should also be kept cool. Dry foods, such as crackers, need to be prevented from absorbing moisture, and succulent foods, such as fresh vegetables, from losing it.

Second, milk, fresh meat, poultry, fish, and many fresh fruits, and vegetables, should be kept at a temperature of 50 degrees Fahrenheit, or preferably less, in order to check the growth of micro-organisms that cause souring and decay.

Third, all fruits and vegetables that are to be eaten raw should be thoroughly washed, for even though they look clean, dangerous bacteria may cling to skins or leaves. As a rule, uncooked meats of any kind should not be eaten. Smoking meat does not kill parasites.

Fourth, left-over cooked foods should be kept cold and covered, used promptly, especially in warm weather, and, if possible, heated thoroughly, before being served again. Dangerous poisons sometimes develop in such foods, without making noticeable changes in taste or smell.

Fifth, fats and fat foods, such as nut meats and chocolate, should be kept cool, and in covered, light-proof containers, to prevent their turning rancid.

Sixth, bread and cake should be stored in a covered box or dish which is scalded frequently, so that molds can not develop.

Seventh, flour, sugar, cereals, and other dry groceries should be kept dry and protected from household pests. Tea, coffee, and spices hold their flavor best in air-tight containers.

Eighth, canned foods keep best in a cool, dry closet or storeroom. Those in glass jars should be shielded from the light to prevent possible fading.

Ninth, under household conditions, the refrigerator is oftentimes the best means of keeping food cool. Choose one with well-insulated walls, put only clean ice and clean food in clean containers into it, and keep it clean by the daily practice of genuine neatness.

Take your pencils now, please, for the dinner menu: Lamb chops; Buttered Carrots; Spring Onions on Toast; Rhubarb Conserve; and a Custard Pie.

The chief point to remember about cooking chops, is to sear the outside at once, at a high temperature, to prevent any of the savory juices from escaping. To broil chops in a gas oven, put them on the rack in the pan that slides under the flame, and turn them several times. Many people think that a chop broiled over live coals, or a wood fire, has no equal. For this, a greased wire broiler is used.

If you are going to pan-broil your chops, use a heavy iron skillet, hissing hot. Put the chops in the hot skillet, turn them as soon as the under surface is seared, and sear them on the other side. Then turn them often, lifting them between two forks to avoid piercing the surface, and losing the meat juice. The chops will be well done in ten or twelve minutes. Serve them promptly in a hot platter, with or without a sauce. Chops, like broiled steaks, should be seasoned when eaten, rather than during the cooking, because salt draws out the juices.

Although mint or currant jelly is the traditional jelly to serve with lamb chops, I don't see why we can't break away from tradition today and serve rhubarb conserve with the chops, whether they're lamb or veal. I gave you the recipe for rhubarb conserve this week.

Buttered carrots are the first vegetable. Fresh peas, or canned peas, or carrots and peas cooked together, would be appetizing, and colorful.

Onions are next. Onions are a sprightly spring vegetable served au naturel, but just to vary the dinner, let's have them cooked today. Cook them whole, and be sure to leave three or four inches of stalk on them. Cook the onions for 15 or 20 minutes, season with melted butter, and serve them on toast, as you would asparagus.

For dessert, a custard pie, made the way a custard pie should be made. Five ingredients are necessary for this pie:

1-1/2 cups milk
1/8 teaspoon salt
3 eggs
1/4 cup sugar
1 teaspoon vanilla

Five ingredients. I'll read them again. (Repeat)

Put the milk and the sugar in a double boiler and bring to the scalding point. Add the well-beaten eggs, salt, and the flavoring. In the meantime bake a pie crust in a deep pie pan until the crust is golden brown. Pour the custard into the baked pie crust, and place in a moderately hot oven. After a few minutes reduce the heat, and allow the pie to bake at this low temperature until the custard is set in the center of the pie. Custard pie made in this way should have a crisp undercrust.

Let's check the menu now: Lamb chops; buttered carrots; spring onions on toast; rhubarb conserve; and custard pie.

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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

1.9
Ag3K

PROGRAM.....Housekeepers' Chat..... RELEASE Mon., April 25.

Reserve

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Today's Chat will be of value to every home keeper who is interested in furnishing a home, whether it be a new one or one not so new. The information, practical and up-to-date, is from the U. S. Bureau of Home Economics.

---ooOoo---

One of my old students came to see me the other day. Phyllis is just as pretty as her name, and as intelligent as she is pretty. She is going to be married in June. Phyllis was a bright student, and I predict that she will be a model housewife.

"Aunt Sammy," began Phyllis, putting the last stitches in a frivolous pink and white porch frock, "John and I are building a house. We have been studying plans all winter, and we have finally decided on a Dutch colonial cottage. You know the type-- cream-colored siding, with a dark green front door. I fell in love with the green front door. There's a quaint Dutch seat on the front stoop, and a brick chimney, built outside the house. John had the plans drawn by the most dependable architect in town."

"A fine idea," said I. "If people who build houses for the first time only realized how much money, and time, and argument could be saved by a good set of plans, there would be less discontent in the world."

"I believe that," said Phyllis. "You can't imagine how sketchy our plans were, before we consulted the architect. We knew we wanted a small home, because it would be less expensive than a large one, and easier to keep up. However, such things as the correct location of stairs, doorways, and windows, had never occurred to us. The architect told us to plan certain items in the furnishing while the house was being built. In fact, he advised us to plan the house with our furnishings in mind. So, while the house plans were being drawn, I cut out small pieces of cardboard, to represent furniture. The cardboard pieces were cut to the same scale as the house plan. By fitting them to the plan, we have made sure that all windows and doors leave the proper space for our furniture.

"Another thing we had to consider was electric lights. We found it cheaper to provide the lights while the house is being built, than later. We're going to have electric lights wherever they're needed. I insisted on having plenty of light in the kitchen. The lights will be located properly in relation to the table, sink, and stove."

"Just a minute," I interrupted. "I must have a pencil. You seem to have learned a good many practical things that might interest my radio listeners. Since this is Better Homes Week, far be it from me to pass up such an opportunity as this. What else did you learn about house furnishings?"

"Isn't that coquettish?" said Phyllis, ignoring my question, as she tied a perky bow on the pink and white porch frock. "That's done, and I'm ready to sew the loops, on my kitchen hand towels. I have a dozen hand-towels, and not a single dish towel. Do you know why that is, Aunt Sammy?"

"Certainly. No need to make dishtowels, or buy kitchen utensils. That's what showers are for."

"Exactly," said Phyllis. "I'm not mercenary, but I am practical. To return to the subject of our house, the next thing we considered was the wall covering. Both paint and paper have their good points. We had to decide early, because our choice made a difference in the plaster finish. Water colors are cheaper than oil, though oil is more permanent. I learned some things about wall paper that your listeners might be interested in, if they're intending to paper the house this spring."

"Go ahead," said I.

"I learned," said Phyllis, "that well-designed wall papers may be had in the cheaper grades. Paper of the same tone throughout, increases the apparent size of a room. Large figures make a room look smaller. An absolutely plain background shows dirt more easily. It is possible, ordinarily, to get a mottled effect, or small figures, which, at a distance, have the appearance of a solid color, but still do not show the soil easily. It is especially desirable that adjoining rooms, such as living room and dining room, which may be thrown together, have the same wall color. Upstairs, the separate bedrooms give an opportunity for individual choice in wall paper.

"After we had chosen our wall coverings, we selected shades for all the windows. I discovered that duplex shades, or those with a different color on each side, are advisable if the sun glares, although they cost more.

"Next, we considered the floor coverings. You've no idea how expensive floor coverings are. John wanted me to have at least one Oriental rug, but when we priced the Oriental rugs, we decided, simultaneously, that an Oriental rug would be a suitable gift for our golden wedding anniversary. Will you keep that in mind, Aunt Sammy?"

"In my notebook," said I. "Of course, if you know by the end of fifty years that you cannot get along without an Oriental rug, then you'd better have one. But for the present, you can get satisfactory cheaper rugs, of plain effect. The rugs need not be absolutely of one shade, but varied enough so that they won't show soil easily. Be sure to have one color scheme in mind for all the living rooms of your house-- I mean the rooms downstairs-- and select your rugs and so forth with this color scheme in mind. If there is much sunshine, you may want to use grey, or green, or blue, as a background, though any one of these colors may be warmed, or cooled, by diluting with other colors. For a darker house, with less sunshine, choose a color scheme of warm brown, or tan, or rose. Remember that brilliant colors should be used in small amounts. If you use brilliant colors in larger amounts, you must soften them. What are you smiling at, Phyllis?"

"You," said Phyllis. "You told me all that when I went to school."

"Glad you remember it," said I. "What kind of rugs did you buy for your bedrooms?"

"Washable rugs," replied Phyllis. "I found some very nice rag rugs, large and heavy enough so they will stick to the floor. I can't stand limp little rag rugs which are always getting tangled up with my feet! I saw some fiber rugs, too, in pleasing colors. The new fiber rugs, besides being inexpensive and pretty, are washable, and quite appropriate for bedrooms.

"As soon as we had chosen the floor coverings, we selected the hangings for the whole house. My object in selecting the curtains was to see what good effects I could get, with inexpensive materials. For bedrooms, I think dotted swiss, in dainty colors, is lovely. Unbleached muslin, bound, or banded, or appliqued with a color, is always good.

"John went with me when we selected the bedroom curtains. You know I like dainty, frilly, things, and I'm especially partial to ruffles. There were many appropriate materials for dainty curtains-- dotted swiss, organdie, voile, marquisette, and net. For my room, I chose ruffled tie-back curtains of cream voile, over a shade of glazed chintz, with a wild rose design.

"I noticed that John was uneasy while I looked at the curtain materials. As soon as the saleswoman was out of ear-shot, John whispered to me: 'Say, Phyllis, couldn't I have something plain, without ruffles and roses, for curtains in my room? They look so-- so ladylike.'

"Strong color and simple lines," said I. "That's what you need. Come over here and look at burlap, and denim, and crash, and sateen. Green, brown, blue, or orange. Make your choice. Then I'll get a painted pole to hang your curtains on, and there will be no valance, over the top. That ought to be dignified enough for any man."

"Three cheers for John," said I. "No petticoat rule for him."

"Not yet," said Phyllis calmly. "We haven't bought the rest of our hangings. I want something bright and cheery for the kitchen-- probably orange and white checked gingham. For the adjoining rooms downstairs-- the living room and dining room-- we want either the same, or harmonizing curtains, just as in the case of the walls. My living room is going to be the most cheerful, the most comfortable, and the most restful living room in the neighborhood. No faddish curtains for me," said Phyllis. "I'm buying curtains which won't tire my family and my friends."

"Bravo!" I exclaimed. "You're a strong-minded person, if you can escape the foolish fads and fashions, and the novelties, which appear every year, to attract, or distract, the housekeeper who wants a well-furnished home."

We spent the rest of the time discussing kitchens, and linen closets, and bedrooms. Tomorrow I shall tell you all about it.

Now, since there isn't time to plan a menu, I'll give you a most delectable recipe for Rhubarb Betty. I made it for dinner last night, and Phyllis says it must be included in the radio cookbook.

For the Rhubarb Betty, you will need:

1 quart sweetened rhubarb sauce, or 1-1/2 quarts raw sliced rhubarb and sugar to sweeten
1 quart fine, dry bread crumbs
4 tablespoons melted butter, and
Cinnamon or nutmeg

Perhaps I'd better repeat that: For the Rhubarb Betty, you will need: (Repeat)

Mix the butter with the crumbs. Place the rhubarb and the crumbs, in alternate layers, in a greased baking dish. Sift the cinnamon or nutmeg over the top. Bake the pudding in a moderate oven. If rhubarb sauce is used, the betty will require about 15 minutes to bake. If raw rhubarb is used, cover the baking dish at first, and bake for 25 minutes, or until the rhubarb is tender. Serve the pudding hot, with or without hard sauce.

That's all for today. Tomorrow we'll discuss kitchens, and linen closets, and bedrooms, and so forth.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

1-19
9-13-4

~~Housekeepers' Chat~~ Tues. April 26.

PROGRAM (NOT FOR PUBLICATION) RELEASE

Reserve

ANNOUNCEMENT: Aunt Sammy, cooperating with Better Homes in America, is observing "Better Homes" week by suggesting furnishings for the model home. All information, including a recipe, is approved by the U. S. Bureau of Home Economics.

---ooOoo---

I have been helping to fill a hope chest this week, for Phyllis, who is to be married in June. Yesterday we hemmed a dozen small face towels, made of Turkish toweling.

"Phyllis," I said, "some brides-to-be might discourage your use of Turkish toweling, for face towels, but I'd much rather have a good supply of inexpensive towels, than a few pure linen ones, which are too good to use."

"Thank you," said Phyllis, "for your approval. But we are not going to discuss household linens today. Let's talk about kitchens, since kitchens are your hobby. I want a model kitchen in the new home that John and I are building. Will you tell me what kitchen furnishings one should keep in mind, while planning or building a house?"

"Gladly," I said. "The first item to be checked is the floor covering. If you use a tile, or inlaid linoleum, you can probably have it put down by the builder. In case this is not available, you can use a cheaper grade of linoleum. The chief point is to get a floor covering that is easily cleaned.

"Next, we'll consider the stove. Get a stove that is compact, one that uses fuel economically, and one that has no fancy trimming, to catch the dust. Enamel finish is more easily cleaned than cast iron. Next, the refrigerator. A built-in refrigerator, with an outside door, saves the ice-man's footprints in the kitchen, and it also saves the ice bill during the cooler months. A kitchen cabinet is desirable, unless one is built in, or one can be improvised with a table, bins, and shelves. If your kitchen is large enough, a movable work table, which can be wheeled to the place where it is needed, is a satisfactory addition. A stool, and a step-ladder chair to reach the high places, complete the larger pieces of equipment. Next come the cooking utensils."

"Question!" exclaimed Phyllis. "How does a housekeeper know just what she needs in the way of cooking utensils, when she begins housekeeping?"

"That's easy. Go through in your mind all the jobs likely to be carried out in the kitchen, and list the necessary utensils. Check and re-check your list, and eliminate all unnecessary pieces of kitchen ware. Be sure each article left on the list justifies itself. No use for you to buy foolish jimcracks for your kitchen, because there will be enough of them among your wedding gifts. One important item about a well-planned kitchen is to have only the necessary equipment. And be sure to have the equipment where it will be most useful. Review in your mind all the

jobs to be done in the kitchen, and place the equipment for each operation, right where the operation is to be performed."

"This is a kitchen, not a hospital," protested Phyllis, but I paid no attention to her interruption.

"Close by the kitchen, have a cleaning closet, with only the essential things in it. You will need a stiff broom, a soft broom, a radiator brush, a wet mop, an oil mop, and a dust-pan. Perhaps you'll get a vacuum cleaner for Christmas."

"I'll suggest it," said Phyllis, "the next time I see John. I'm not mercenary, but I am practical."

"Of course," I answered. "Let's discuss the bedrooms next. Be careful when you come to bedroom furniture, or your money will be gone before you know it. Remember that style does not add to comfort, and simple lines are easy to live with, and to keep clean. The comfort of a bed lies in the springs and the mattress. It's much better to put money into good, long-lasting, springs and mattresses, than into fancy designs. Single beds are desirable, though they cost almost as much as double ones. For the other bedroom furniture, remember that you will need plenty of storage space, and that drawer space is just important as a long mirror. You may have a full length mirror elsewhere in the house. A simple, easy chair, a rocking chair, a small table or desk, are desirable additions. See how little you can spend in getting a satisfactory bedroom, rather than how much."

"That's my motto," said Phyllis. "Have you any suggestions to offer on the bathroom?"

"Be sure there is a towel rack for each member of the family, and an extra towel rack for guests. If there are not enough towel racks, you will most certainly spend part of each day collecting damp towels from floor and radiator and door knob. Have soap and toothbrush racks, and plenty of towels, and clothes hooks on the back of the door, unless there is a clothes-tree."

"Now the dining room and living room," suggested Phyllis. "I want these rooms in my new home to be furnished as a unit, since they are connected by a wide opening. Is that a good arrangement, Aunt Sammy?"

"Very good, according to the interior decorators. The best way to treat adjoining rooms with a wide doorway between, is to have walls of both rooms alike, preferably in a neutral color, allover design wall paper, or plain-flat-tone paint. An all-over design paper includes any of the mottled types, or those showing the repetition of a small, close design which lends a soft, cloudy appearance to walls as background. If your dining and living rooms are furnished as a unit, select a dining room table which can be used between times as a study table, and select chairs which harmonize with those in the living room, so they can be used with them.

"A buffet, if there is one, should have simple lines, and match the table in wood and design. You won't display china and glassware on the buffet. The china closet has gone, and in its place we have a built-in storage closet between the kitchen and the dining room, in which the china is safely hidden from view.

"For rare bits of pottery and china, a built-in corner cupboard, or a small

cabinet, is attractive. It is far better to use the pantry shelves for china, than to display it in the dining room, where it will accumulate dust.

"Since there is a fireplace in your living room, you will probably want a davenport. This need not be expensive. Perhaps John can make a frame, which, with a box mattress to fit, will look very nice, placed in a corner. Heavy, overstuffed furniture is quite out of place in a small house. The heavy, three-piece living room sets, seen so frequently in the Sunday papers, are also out of place in the small house. If the center of the living room furnishings is to be a davenport, select one with simple lines, in keeping with the design of the house, and select the other furnishings around it. You want things that are not easily tired of. A davenport, an easy chair, a simple rocker, and one or two other comfortable chairs usually accommodate the family and guests who want to gather around the fire.

"A table is desirable-- long and narrow if it is to go back of the davenport, or a gateleg table to one side for the light, and the latest magazines. With your built-in bookshelves, your living room is practically furnished, -- as far as the essential pieces are concerned."

And having furnished her house, as far as the essentials were concerned, Phyllis and I put our sewing away, and spent the rest of the morning in my kitchen.

I have a new recipe for Corn Rabbit, which Phyllis wanted for her cookbook. "I have made Cheese Rabbit, many a time," said Phyllis, "but never have I made a Corn Rabbit."

So we made a Corn Rabbit for lunch, using my new recipe, and it was a popular dish.

For Corn Rabbit, eight ingredients are needed:

2 cups canned corn, crushed grains
2 tablespoons butter
3/4 teaspoon salt
1 cup grated cheese
1 tablespoon green pepper
1 or 2 teaspoons minced onion
Few drops tabasco sauce
Toast or crackers

Eight ingredients, as follows: (Repeat)

Melt the butter, add the pepper cut finely and the onion. Cook slowly for three minutes, add the corn and simmer for ten minutes; remove from the fire and beat in the cheese until melted. Pour over the toast or crackers and serve at once. Tomato pulp or catsup may be added if liked.

This is another good recipe for the Radio Cookbook, which is sent free to all listeners of Station _____. The cookbook contains all the menus and recipes

which were broadcast this winter, and supplements to the book are sent out from time to time. If you do not have a copy of the book, I shall be glad to send you one.

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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Wed. April 27.

(NOT FOR PUBLICATION)

1.9
1.3
Reserve

ANNOUNCEMENT: Advance information on canning today -- some of the practical things that every housewife wants to know before the canning season is on. Luncheon menu and recipes from the U. S. Bureau of Home Economics. Copies of radio cookbook sent free to all listeners of Radio Station _____.

---ooOoo---

This week's mail brought me three questions about canning. The first question is from a listener in Kansas, who says she canned 60 quarts of string beans and sweet corn last year, and 25 of them spoiled. That surely is disheartening. She used the cold-pack and the water bath, and wondered why her luck was so poor.

"I want to know," she writes, "whether there is any reliable method for canning fruits and vegetables at home. We have our own fruit and vegetables, and it seems a pity that the surplus cannot be saved for the winter months, when fruits and vegetables are scarce, and so necessary in the diet."

This letter, which was directed to me, is like hundreds of letters which come to the U. S. Bureau of Home Economics, from women in every state. These women want what you and I want-- a quick, easy, and sure method, of canning the fruit and vegetables, which are left over from the summer supply. There's nothing more discouraging than to put up fruit in the summer time, only to have it mold, and sour, and ooze out of the can, during the winter.

The Bureau of Home Economics has made a careful study of canning. Last year Doctor Louise Stanley, head of the bureau, gathered together the most reliable information she could find on the subject, and put this information into printed form. Her directions for canning include the various methods, the various steps in canning each fruit and each vegetable, time-tables, suggestions about glass jars, and rubber rings, and tin cans-- in fact, almost every question one could ask about canning, has been answered in Doctor Stanley's bulletin. So, whenever you write to me, and ask me how to can this or that, I'll send you this bulletin, on "Canning Fruits and Vegetables at Home." It gives, in simple form, the most up-to-date methods of canning, and the information is the very best and the easiest to follow, that I know of.

Now let's see-- what was the question I was about to answer. "Is there a reliable method for canning fruits and vegetables at home?"

According to the Bureau specialists, the hot-pack, followed by proper processing is the simplest, the safest, and the surest. Briefly, the hot-pack method is to wash and otherwise prepare the vegetable or fruit for canning, cook it for 10 or 15 minutes in water or sirup, in a kettle, pack it boiling hot into the glass jars or tin cans, and than "process" in a canner. For fruits, tomatoes, and pickled beets, you can use a water-bath canner made from a wash boiler, or a bucket,

or any vessel that has a tight lid, and is large enough to hold a convenient number of jars. For canning string beans, corn, peas, and all the other non-acid vegetables, you'll need a pressure canner. I won't go into detail about this because if you're interested in canning, you'll write to me, and I'll send you printed directions, and illustrations.

The second question today is also about canning: "Please inform me whether rhubarb keeps successfully if canned."

Now I'll tell you how this canning bulletin works. You want to know about rhubarb. You'll find rhubarb on page 16, right after plums, and just before strawberries. And here's how you can rhubarb. Write the directions, if you like.

"Select young, tender stalks. Trim and wash carefully. Cut into one-half inch lengths. Pack into the containers. Cover with boiling, hot, thick, sirup. Process the quart and pint glass jars for 20 minutes in boiling water, and No. 2 and No. 3 tin cans for 15 minutes."

Very simply stated, is it not? Are there any questions? Yes, there might be one. The directions say to cover the rhubarb with "boiling hot, thick, sirup." And what is a "thick" sirup? Turn to page 10 in the canning bulletin, and you will find the three sirups used in canning fruits-- thin, medium, and thick. For a thick sirup, use one cup of sugar, and one cup of water. Just as simple as that.

And if you don't care for this way of canning rhubarb, there's another one. The second method is to cut the rhubarb in half-inch lengths, add one-fourth as much sugar as rhubarb, by measure, and bake until tender in a covered dish. Pack this sauce boiling hot. Process the cans immediately, in boiling water, for five minutes.

I intend to try both methods, and see which my family prefers.

The third question is about strawberries: "Is it practical to can strawberries?"

It is practical -- that is, strawberries will keep, when canned, but they contain so much water that the canned product is not very attractive. Most people prefer their strawberries preserved, if they can't have them in shortcake, or in pie.

But, in case you want to can strawberries, add to each quart of berries, one cup of sugar, and two tablespoons of water. Boil slowly, for 15 minutes. Let stand overnight in the kettle. In the morning, re-heat the mixture to boiling, fill into the containers, hot, and process all sizes of cans, for five minutes, in boiling water.

I've talked long enough about canning, for this time. Let's have lunch, with a tempting baked omelet as the center of interest. This is the season of the year when fresh eggs can be used generously on the table. Some people consider eggs as suitable only for breakfast, or luncheon, or supper, and do not regard them as substantial enough for dinner. As a matter of fact, eggs contain the same kind of efficient protein for body building that is found in meat. Eggs, particularly the yolks, are also rich in mineral substances, and they are one of the best sources of

that indispensable vitamin which goes by the prosaic name of "A."

The reason that eggs seem to be less substantial than some other foods, is that their food materials are in such form that they can be rather quickly assimilated by the body. Eggs are pure food material, mixed with water. Because of this rather large percentage of water, when serving eggs for dinner it is well to allow two or more apiece, for the grown-up members of the family.

My luncheon menu, or supper menu, includes a baked omelet; a vegetable; buttered graham toast; and grapefruit salad.

Only four ingredients for the baked omelet:

1 quart milk
5 eggs
1/4 teaspoon salt
1 tablespoon melted butter

Four ingredients, again: (Repeat)

Warm the milk and pour it into the lightly beaten eggs. Season with salt and butter and pour this mixture into a greased baking dish. Bake in a moderate oven surrounded by a pan of water, until set in the center. Serve from the dish, adding more seasoning as desired.

For the vegetable, I suggest carrots or peas, or both of these, if they are available. Remember the chief point in cooking vegetables is to cook them for a short time, in a small amount of water, so none of the food value will be lost.

If you can get fresh peas, cook them in a small amount of water for a very short time, and as soon as they are tender, add some butter to the liquor in which they are cooked.

Carrots are nice quickly cooked, cut in small pieces, or diced, and seasoned with cream.

There, of course most of you knew all that-- but perhaps a few of you are cooking for the first time.

To repeat the luncheon menu: Baked omelet; spring vegetable; butter graham toast; and grapefruit salad.

I knew there was something else I wanted to tell you. The latest market reports state that five of the strawberry states, whose shipments occur chiefly during May, expect a combined crop of 98 million quarts. Ninety-eight million quarts-- think of it! Thirty-six million, five hundred thousand, more than last year, and about 8 million more than during the heavy producing year of 1924. I must tell that to the Recipe Lady in the Bureau of Home Economics. If she is guided by her conscience, I feel sure she will give us a masterpiece of strawberry cookery.

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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

PROGRAM ..... RELEASE .....

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Housekeepers' Chat — Thurs. April 28.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Having talked about cooking vegetables all winter, Aunt Sammy is now going to tell you how to get them all summer-- in the Back Yard Garden. Aunt Sammy is cooperating with Better Homes in America this week, and today's program is for the women who want a Better Garden as well as a Better Home.

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It's quite a far cry from cooking vegetables to raising them, as the announcer said. And it's not very often that the women of the house are left with the responsibility of raising the home food supply. Of course it isn't a bad idea for us to know how to garden, if we have to. Most women like to work in the garden. There's something about digging in fresh soil -- watching the plants sprout and grow green -- feeling the warm sun on you, while at the same time keeping it off the back of your neck, that seems to call us quite strongly. And then, of course, there's the reward of the harvest to consider. That's what I want to talk about mainly today.

I really was surprised that so many folks are interested in these small vegetable gardens. Lately I've received a number of requests for talks on vegetable gardening. And, since we aim to please, here's the talk. But first I want to warn you that the men folks may say that we're interested in gardens from the theoretical standpoint, but not from the actual, working standpoint. Of course we know we're interested in both sides.

It's a bit too late to talk about planting the garden, this late in the year. Most of us have ours in already. The radishes are ready by now, in most parts of the country, I suppose -- at least the early ones. With the garden in, and growing, it's natural to think that the job's well done, and that there's nothing much to do now, except wait for the results. But do you know that, with proper care, you can find something to pick, or pull, or dig in your garden, all Summer, and far into the autumn? It's a fact. But you'll have to keep right on planting and caring for the crops in order to get that result. At least that's what one of Uncle Sam's garden advisers told me today.

It's like this. I'm thinking of trying a little gardening myself this Summer. So the other day I went around to this expert gardener, whom we'll call Mr. Jones, because the name's so rare, and told him about it. He told me that caring for the late Spring and Summer garden is just about as important as starting the early Spring garden. I told Mr. Jones, as we call him, that I thought I'd do a bit of gardening this Summer, and asked him if he had any lettuce seed left, as I wanted to plant some more in order to have fresh lettuce coming on about all Summer. He gave me some seed, pleasantly enough. "That seed's of the Grand Rapids variety", he said. "It stands the heat well, and should furnish you with plenty of Summer lettuce."

"Is this a head lettuce?" I asked.

"No", answered Mr. Jones. "It's what we call a loose leaf lettuce; that is, it doesn't form a true head. But it contains more vitamins and mineral salts than well-bleached head lettuce. Not quite so crisp and brittle as head lettuce, though

I took out my pencil and a pad of paper. When it comes to gardening, I'm willing to let the men talk, and I listen . . . . .

"Is there anything else I should plant just now?" I wanted to know.

"Yes----beans", said Mr. Jones. "Plant more snap beans, and don't forget to set a dozen poles, and to plant a few seeds of the Kentucky Wonder bean around them. They call this variety of bean 'Lazy Wife'. I don't know why, unless it's because mother or daughter won't have to stoop to gather the beans. Kentucky Wonder makes excellent snap beans. Later on, if any of the pods ripen, you can shell the beans out and use them as dry beans.

"Then I'd figure on 15 or 20 late tomato plants. You probably have early tomatoes planted already. But sometimes the hot weather kills some of the earlier plants. It's a good idea to have a few plants of a later setting coming on to make Fall tomatoes."

"I don't want to have to spade the ground all over again", I said. I don't like that part of it very much.

"You won't have to spade it over again", Mr. Jones told me. "If the ground' very hard, it'll pay you though. It's also a good idea to work in a little extra fertilizer".

My garden dries out fast. Every year we have trouble with that. I told my gardener friend about it. I added that I sprinkled the ground a little every evening, last year, but that it didn't seem to do so very much good. Some of the tomatoes burned up.

"Your soil is a gravelly loam, like mine", Mr. Jones said positively. "When you sprinkle the crops frequently, you simply bring the feeding roots of the plants close to the surface of the ground. Then, as soon as the soil dries out a little, the sun burns the vegetables. A better method of watering your garden is t make a little furrow along the rows, with the corner of your hoe. Then let the water run from the hose into this furrow, and along the rows of plants. After the ground is well soaked near the plants, you might draw a little dry soil into the furrow -- cover the wet earth -- and conserve the moisture. It's best to give garden crops a very thorough watering about once a week and then not apply any mor water until the plants really need it. Remember this: --- Most garden crops are injured if they are allowed to wilt to any extent".

"I wish you would tell me something about cultivating the garden in the Summer, Mr. Jones", said I. "Is it necessary to keep the surface soil loose? My soil packs badly after a rain".

"Well, I know this", Mr. Jones replied, "it pays to keep the crops pretty well cultivated. Keep the weeds down. Weeds are robbers. They steal both plant food and soil moisture. Also keep the surface soil loose and mellow, to a depth of about two inches. Maybe you've noticed that I go over my garden quite often

with a wheel hoe. Some folks call it a cultivator. Well, I use the wheel hoe just as soon as the ground is dry enough, after a rain, and also within a day or two after watering. This keeps the weeds from getting a start, and at the same time stirs the surface soil and lets the air into the soil."

"That's news to me", I admitted. Mr. jones has surprised me more than once, but I know that he's made a life-time study of gardens----so I listen to his advice.

Then I asked, "What crops should I plant for a late Fall garden? I don't want the garden to end in July or August."

"Plant late cabbage, carrots, beets, turnips, snap beans, spinach, and lettuce. Those are some of the best vegetables for the late garden. I find it pays to plant snap beans often throughout the whole Summer. Fall peas are often successful. I plant Fall peas just a little after Mid-summer".

"Isn't late sweet corn good, too?"

"Why, certainly", Mr. Jones assured me. "Late sweet corn's fine if you have room in your garden for it. In fact, my wife tells me the late crop is often finer and sweeter than the early crop".

"Would you advise me to have beets and carrots for Winter storage?", I wanted to know. The gardenist slowly nodded his head in the affirmative. He told me that he considers it a good idea to sow carrot and beet seed along in June. He said that June plantings produce crops just the right time for Winter storage in the cellar or pit.

"And there's another late garden trick that you don't want to neglect", he added. "That is, start some late lettuce plants during the latter part of the Summer. Then transplant them to the coldframe -- if you have one -- for late Fall and early Winter lettuce. It may be necessary to put up a little cheesecloth shade over the plants, as they're very sensitive to the sun during the late Summer. In fact, there are quite a number of little ideas in home garden management that are worth trying out".

I told Mr. Jones that I'm sure of that. I already had quite a few of them jotted down.

"You have given me quite a number of those ideas yourself", said I. "And I'm planning to get some more seed and continue planting just as you suggest."

"If you lived further South," added Mr. Jones, "you could go on planting until late in the Fall and have vegetables from your home garden pretty nearly all Winter. But it's worth trying out in any location. Any careful gardener will be paid for his trouble in having a late garden".

I told my friend I was sure of that; then thanked him for his help and left, eager to begin plans for my own late garden.

Tomorrow I shall talk about -- well, perhaps I'd better not tell, because I might change my mind. Anyway, the subject I have in mind does not concern cooking.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

1-9 9:30 AM

Housekeepers' Chat Fri. Apr. 29/27

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Well, I suppose all of you have heard about that radio cook-book. You know, the one the United States Department of Agriculture is distributing free. If you haven't received yours yet, write in to this station. We'll pass your name along to Washington. But here's Aunt Sammy herself! She's out of the kitchen to-day. She's going out in the yard with you. She tells me she's going to talk about lawns and chickens ----

* * * * *

I am going to talk lawns and chickens. But I'm going to keep the two subjects well separated. As some of you know from experience, they don't always get along well together.

During the past few days, I've had a number of letters --- from my friends in town -- as well as in the country. In glancing through the letters, I find there are several of you who want to know how to take care of the lawn. Of course, if I can help you make two blades of grass grow where only one grew before, I'm going to do it.

For instance, here's a listener who writes;

"When should I apply lime to my lawn; and how much?"

The answer to that is; NEVER! Putting lime on the lawn is one of the worst ways to treat it.

But if the man who wrote that is listening in, he needn't feel sad. He has plenty of company. There are a number of people, who do that. Lime not only retards the grass, but it encourages the weeds. Many grasses will not grow, when given a lime treatment. It's not so hard on bluegrass. But even in bluegrass, it helps make the crab-grass, the clovers, and the dandelions flourish.

The element all grasses need is nitrogen. Cottonseed meal is relatively high in nitrogen, and makes an excellent fertilizer for the lawn, and it does not have a disagreeable odor. If you can't get cottonseed meal at your regular fertilizer store, you can at feed stores.

Just broadcast about 12 to 15 pounds of cottonseed meal on each 1000 square feet of lawn. You can get the best results, if you use cottonseed meal three times during the season. Once in the spring. Once in summer, about the first of July. And then again about the first of September. --------

Let's see --- Here's another question on lawns. I won't read the whole letter.

This one's from near Washington, D.C., but the answer applies to a wide strip more than half way across the country.

"Should I sow grass in the Spring or Fall?" this listener asks.

In your part of the country, I'd say, you'd better sow it in the Fall. Wherever crab-grass is prevalent, the best results come from Fall sowing. The crab-grass is likely to choke out the lawn grass you sow in the Spring. Turf grasses are rather slow growers.

But, of course, you know, there are three grass belts in the country. In the northern States, above the crab-grass belt, grass can be sown in the Spring with good results. Also, in the Bermuda grass regions of the South spring sowings are most successful.--------

Just a moment --- I almost overlooked the postscript. It says; "How often should I water the lawn?"

Now, isn't it surprising! A lot of people don't know how to water the lawn. The tendency is just to sprinkle the surface. But some people go to the other extreme. They water too much.

Of course, it depends on the weather --- and the kind of soil.

On sandy soils, the lawn may need watering every day. On clay soils every two or three days. You should water so as to get the ground damp for three or four inches down. Run a stick down, make a little hole, and see if the water has gone down that far. You'll soon get on to how much watering it takes to get enough at the grass roots.

And while we are on the subject, I might say it's usually best to mow the grass every four or five days. If you let it get too long and then cut it, the sudden change from the more or less shaded condition will injure the roots -----

Now then, let's read a few questions about taking care of the chicks. You poultry people have been pretty patient. But here's a question that many of you may have asked yourselves:

"How can I make a good, home-mixed, mash for my growing chicks?" this listener asks.

In answer to this, the poultry experts of the United States Department of Agriculture tell me to mix 4 parts of yellow corn meal, 2 parts bran, 1 1/2 parts middlings, 1 part rolled oats, 1 1/4 parts meat scrap, and 1/4 part bone meal.

Now, do you think you can remember that? Perhaps you had better write it down. I'll repeat: (SLOWLY) 4 parts yellow corn meal, 2 parts bran, 1 1/2 parts middlings, 1 part rolled oats, 1 1/4 meat scrap, and 1/4 part bone meal.

A good scratch feed to go with that mash can be made of equal parts yellow cracked corn and wheat.----------

Here's a worried poultry keeper: He writes; "I didn't have much green feed for my early broilers. To make up for that, I fed the chickens a pint of codliver oil in every 100 pounds of their feed, just as I had been told to do. Now my customers complain that my chickens have a cod fishy taste. How can I avoid that?"

That's easy. Just leave codliver oil out of the ration two weeks before you market the broilers.

And speaking of preparing chickens for market, I suppose you all know that poultry to be dressed should have empty crops when they're killed. Give them plenty of water, but no solid food, for 24 hours before they are slaughtered.

Now here's a little different trouble. Most of us don't hatch chicks early enough, but this listener seems to have overdone it. She writes: "Last year, I hatched some early chicks, so I could have the pullets laying in the fall and winter when eggs are high. But the pullets grew too fast in the late summer. They started laying early -- then went into a partial molt and quit producing. What's the best way to prevent that?"

In case pullets mature too fast in late summer, you can slow down the process by feeding less mash and more scratch feed, or you can reduce the quantity of meat scrap or protein in their mash.

In case pullets fail to mature fast enough, you can improve things by feeding a moist mash once a day mixed with milk. That is, in addition to your regular dry mash. But if pullets are forced too fast and start to lay when they are 4 or 5 months old, they are inclined to be small, and to lay small eggs.

But that's looking ahead a bit. Speaking of feed for chicks, however, I can't pass on without saying a good word for milk. In feeding our chickens, we always use it. And we've found it an excellent addition to all chick rations. We give it to them either as a drink or mix the milk in the mash.

Milk not only hastens the growth of the chicks, but it tends to keep down the death rate and also helps prevent toe-picking, which is often a bad habit among the chickens.

Now then, here's another listener who wants to know about chickens. I won't read the letter. It seems that his chief worry is for green feed. He hasn't much room, he says, for the chickens to range, and can't keep the land in grass.

I know how that is, for a friend of mine who lives in town has the same problem.

Her solution is to divide the yard space she has into <u>two</u> yards. One yard she sows to a quick-growing grain, such as wheat, oats, rye, or barley. The other yard she uses for the chickens until the grain in the green yard is two or three inches high. Then she turns the chickens in on the green yard, and sows the other yard to grain.

This finishes our talk on lawns and chickens. Next week is National Child Health week, and all the programs will be planned with the children in mind.

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